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WOMAN'S CITY CLUB COOK BOOK

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WOMAN'S CITY CLUB COOK BOOK

COMPILED BY
THE LIBRARY COMMITTEE
OF THE
WOMAN'S CITY CLUB OF CHICAGO

CHICAGO, ILLINOIS
1923

The Library Committee wishes to express its grateful appreciation to all who have aided in compiling this book, and its regret that on account of the limited time it was not possible to reach all members of the Club; also, because of duplicates, it was necessary to eliminate many good recipes so that too much space would not be devoted to any one subject.

It is sincerely hoped that this little book will meet with the kindly approval of all who use it.

Isabel Mariner Mitchell,

Chairman.

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Oak Street

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TABLE OF WEIGHTS AND MEASURES

Mrs. Royal Wentworth Irwin

3	cups wheat flour	make	1	pound
3½	cups corn meal	"	1	"
1	large coffee cup granulated sugar	"	½	"
1	large coffee cup dry brown sugar	"	½	"
1½	cups of firm butter, pressed down	"	1	"
1	cup raisins	"	½	"
10	eggs	"	1	"
1	white of egg	"	1	ounce
1	yolk of egg	"	1	"
16	ounces	"	1	pound
4	teaspoons	"	1	tablespoon
4	tablespoons	"	½	gill
2	gills	"	½	pint
2	pints	"	1	quart
4	quarts	"	1	gallon
8	quarts	"	1	peck

A PERFECT CHICAGO

1 good Mayor,
50 upright Aldermen,
1 efficient Chief of Police,
31 incorruptible Judges,
1 intelligent School Board, (be sure this mixes smoothly),
An unlimited number of active Civic Organizations.

Moisten these ingredients thoroughly with the milk of Human Kindness; flavor well with Honesty, Wisdom and Steadfastness; stirring in at the same time a large measure of Civic Spirit. Pour into the mold of the City Beautiful, and let stand until firmly set, testing, from time to time, with the straw of Public Opinion.

If followed carefully this recipe cannot fail.

BEVERAGES

They called for tea and chocolate,
And fell into their usual chat.

—Swift.

BAYMEATH DRINK

Mrs. Joseph T. Bowen

Juice of 3 oranges
Juice of 1 lemon
1 cup strong tea
1 pint ginger ale
1 pint Apollinaris or White Rock

Add sugar if desired and put a few sprigs of mint in pitcher when serving.

CASCADE PUNCH

Mme. Harriet Labadie

Juice of 12 lemons
Juice of 6 oranges
Juice of 12 limes
8 cups sweet cider
4 lbs. granulated sugar
4 cups water
2 cups strong uncolored Japan tea (made and cooled)
4 cups iced water

Boil sugar and water until sugar is dissolved. Add tea, cider, iced water and juices of above fruits. When ready to serve add a few thin slices of pineapple, orange and strawberries if in season, three stalks of crushed mint and ice. This quantity makes one gallon, fifty small glasses.

CHOCOLATE

Mrs. John S. Brown

(8 cups)

1 qt. milk
2 oz. Baker's chocolate
2 tbsp. boiling water
½ tbsp. cornstarch
3 tbsp. sugar
Pinch of salt

Mix cornstarch with one-quarter cup milk. Put remainder of milk in double boiler to heat. When milk is scalded stir in cornstarch, and cook ten minutes. Scrape chocolate, put in small pan, add sugar and water and place pan over hot water. Stir until mixture is smooth and glossy. Add hot milk and beat with egg beater until frothy. Serve at once. If preferred unthickened, omit cornstarch. If desired, add half teaspoonful vanilla, and serve whipped cream in each cup. This makes Vienna style chocolate.

FRUIT PUNCH

Mrs. Frank O. Lowden

½ cup bottled pineapple juice
½ cup lemon juice
1 pt. ginger ale
Sugar to taste
¾ cup orange juice
1 cup plain water
1 pt. White Rock water

Serve in glasses with crushed ice and a sprig of mint. Raspberry juice may be added if desired.

MINT JULEP

Mrs. James B. Herrick

3 lemons, juice and grated rind
6 oranges, juice only
2 cups fresh mint leaves
3 bottles ginger ale
2 cups sugar
1 qt. water

Boil sugar and water together ten minutes. Wash and dry mint leaves and cut fine with scissors. Add lemon and orange juice and mint; pour boiling syrup over mixture. Let stand over night. Add ginger ale at time of serving. Serves twenty-five people.

MINT ORANGEADE

Mrs. Samuel Dauchy

2 cups sugar
½ cup water
2 qts. water
6 oranges
6 lemons
½ bunch mint

Cook sugar and half cup water and mint ten minutes; cool, strain, mix with lemon and orange juice and add water. Serve cold.

MULLED GRAPE JUICE

Mrs. Murray Nelson

Rind of 1 orange, grated
Juice of 1 lemon
1 qt. unfermented grape juice
4 whole cloves
1 cup boiling water
1 tbsp. sugar
Pinch powdered mace

Place orange rind, lemon juice and water in a granite saucepan, add grape juice, cloves and mace. Bring to the boiling point and simmer for ten minutes. Prepare a meringue by boiling together one cup sugar and two tablespoons water, without stirring, until it spins a thread. Pour this gradually upon the stiffly beaten whites of two eggs, add the boiling grape liquor, dust lightly with grated nutmeg. Serve immediately.

MY COFFEE

Miss Harriet E. Vittum

Coffee
Egg shells
Cold water
Boiling water

Use any good blend of coffee, freshly ground in a medium grinder, and allow one heaping tablespoon for each person and one for the pot. Mix the coffee with a little cold water and crushed egg shells left from baking, one shell to every three cups of coffee, and let this come slowly to a boil. As soon as it boils add the full amount of boiling water, allowing one cup of water to each person. Let it boil slowly for ten minutes. Remove from the stove, throw in a dash of cold water. Allow a few minutes to settle and good coffee is ready to serve.

RASPBERRY SHRUB

Mrs. Albert P. Allen

Red Raspberries
Cider Vinegar

Place red raspberries in a stone jar, cover them with vinegar, let stand over night; next morning strain and to one point of juice add one pint of sugar. Boil ten minutes and bottle while hot.

ROOT BEER FLOAT

Miss Sue Seeley

Root beer
Vanilla ice cream

Put a little root beer in a glass, add a spoonful of ice cream; nearly fill the glass with root beer and finish with ice cream.

REFRESHING DRINK

Miss Helen A. Montegriffo

Juice of 1 lemon
Juicy peach cut in small pieces
A few berries
Juice of 2 oranges
Any leftover jam or jelly

Add about as much water as there is juice and serve ice cold. Grape juice can be added if desired.

TEA

Mrs. Ira Couch Wood

½ tsp. tea, 1 cup boiling water (for each person)

Place tea in earthen pot, which has been scalded. Pour over it the boiling water. Let stand three minutes, and serve.

BREADS, HOT BREADS AND SANDWICHES

A loaf of bread, the walrus said,
Is what we chiefly need.
—Lewis Carroll.

BREAD

Mrs. B. F. Langworthy

1 pt. milk
1 pt. boiling water
1 tbsp. sugar
1 tsp. salt (more if desired)
1 cake compressed yeast
Flour
1 tbsp. lard, or lard and butter

Break yeast cake into one-half cup lukewarm water, and let stand while preparing the liquid. Place milk in mixing bowl, pour into it the boiling water, add sugar, salt and shortening, and let stand until blood warm. Stir dissolved yeast into the liquid, add two quarts of sifted flour and beat together thoroughly. Add flour enough to knead; knead until it is soft and pliant, about ten minutes; cover and let rise in moderate temperature for six or eight hours. Turn out on floured bread-board, knead for a few minutes, until it emits tiny cracking sounds; form into three loaves; place in bread pans, cover with towel and let rise to twice its bulk. Place in hot oven and turn down the gas to half its height, or to what is commonly known as a slow oven. Bake slowly for forty-five minutes, changing position of loaves to insure even rising.

BAKING POWDER BISCUITS

Mrs. P. B. Kohlsaat

2 cups flour
1 tsp. salt
1 tbsp. butter
1 tbsp. lard
¾ cup milk
4 tsp. baking powder

Sift dry ingredients together. Work shortening in with knife; add milk and stir. Throw on bread-board and pat to one-half inch thick. Cut; bake twelve minutes in hot oven.

BLUEBERRY CAKE

Mrs. W. R. Cubbins

3 tbsp. butter, melted
1½ cups sugar
4 cups flour
3 tsp. baking powder
1½ cups milk
2 eggs
1 box blueberries

Have berries dry and floured. Bake in greased pans in moderate oven, about thirty-five minutes. This is delicious eaten hot for breakfast. Cut dates may be used in place of blueberries.

BLUEBERRY MUFFINS

Mme. Harriet Labadie

1 cup granulated sugar
2 tbsp. melted butter
½ cup milk
1 cup blueberries
1 egg
2 cups pastry flour
4 level tsp. baking powder
½ tsp. salt

Sift together flour, baking powder, sugar and salt. Mix with egg, previously beaten light. Add milk and butter, and lastly fold in blueberries dredged with flour.

BRAN MUFFINS

Mrs. L. B. Grant

3 tbsp. brown sugar
2 tbsp. fat
¼ cup molasses
1 level tsp. soda
1 tsp. salt
3 cups bran
1 cup white flour
1 egg
1 cup milk

Dissolve soda in molasses. Fill muffin tins one-half full and bake twenty to twenty-five minutes. Chopped nuts, raisins or dates will make this good recipe even better.

COFFEE CAKE

Miss Ellen Holt

½ cup sugar
½ cup butter
½ cup milk
2 eggs
1½ cups flour
2 small tsp. baking powder

Mix sugar, butter, milk and eggs, and add dry ingredients. Sprinkle with cinnamon and sugar.

CORN BREAD

Miss Julia C. Lathrop

1 egg
3 tbsp. melted lard
1 level tsp. salt
1 level tsp. baking powder
½ cup cream
½ cup corn meal
½ cup flour

Beat egg and salt with spoon. Dissolve soda in least possible water, and add to cream. Then add cream to egg. Add melted lard to cream and egg, then add corn meal and flour, and give all a good stir. Pour into pan in which you have melted the lard, and bake.

CORN MEAL PANCAKES

Mrs. John T. McCutcheon

2 tbsp. corn meal
2 tbsp. sour milk or buttermilk
1 egg
½ cup hot water
1 tbsp. white flour
Pinch of salt, sugar, and soda

Scald corn meal, add yolk of egg and buttermilk with soda, white flour, salt and sugar. Mix well. Add well beaten white of egg. Have pan hot; fry in bacon grease. If too dry add more buttermilk and grease.

GRAHAM BREAD WITH NUTS AND RAISINS

Mrs. Charles E. Merriam

1½ cups sour milk, or cream
½ cup sugar
2 tsp. soda
1 cup flour
½ cup molasses
3 tbsp. melted shortening
1 tsp. salt
2 cups graham flour

Raisins and nuts, to suit taste, or figs may be used. Cinnamon, nutmeg and allspice, in small quantities, to suit taste.

NEW ENGLAND BROWN BREAD

Mrs. Walter L. Fisher

2 cups Indian meal
½ cup molasses
1 tsp. soda
1 cup rye meal
1 tsp. salt
Nearly 1 qt. milk

Steam four hours. If rye cannot be procured use pumpernickle flour. Use brown bread steamer, or baking powder tins, but do not fill to the top.

NUT BREAD

Mrs. Duane T. McNabb

2 eggs
1 cup sugar
2 cups sweet milk
1 tsp. salt
4 cups flour
4 tsp. baking powder
1 cup English walnuts, chopped

Beat eggs and sugar together, add other ingredients, make in two loaves. Let rise fifteen minutes in the pans, and bake forty-five minutes in moderate oven.

OAT CAKES

Mrs. George C. Clinch

4 cups Quaker oats or oatmeal
2 cups flour
1½ cups sugar
½ cup boiling water
½ cup lard
½ cup butter
1 tsp. salt
1 tsp. soda

Stir soda in boiling water. Add enough milk to enable them to be rolled very thin.

POP-OVERS

Mrs. R. N. Schuchardt

2 eggs
½ tbsp. butter, melted
¼ tsp. salt
1 cup flour
1 cup milk

Mix salt and flour, adding milk gradually, in order to obtain a smooth batter. Add well beaten eggs and butter. Beat two minutes. Turn into very hot gem pans, bake thirty minutes in a hot oven.

REAL RHODE ISLAND JOHNNY CAKE

Mrs. Donald Bain Murray

2 cups white corn meal
1 tbsp. sugar
1 tsp. salt
Boiling water
Cold milk

Place meal and salt in cooking bowl, pour over it enough boiling water to scald every grain, but not enough to make it thin. Cover and let stand until it stops steaming. Thin with cold milk to consistency of thick batter. It must be thick enough to stand, but thin enough to handle with a spoon. Fry on pancake griddle in bacon fat, or other shortening, slowly. The cakes should be brown and crusty, taking about ten minutes for each side. Serve hot with butter or bacon.

RIBBON SANDWICHES

Miss Harriet E. Vittum

Boiled ham
Nut meats
Sardines
Salt and pepper
Green olives
Cottage cheese
Mustard
Paprika

Cut a loaf of two-day-old home made bread into very thin, even slices, trim off the crust, and butter. On one buttered slice spread a thin layer of boiled ham, ground fine, and season to taste with a

little mustard; place upon this another slice of buttered bread and spread with ground green olives mixed with ground nut meats; add another slice of buttered bread, and spread with cottage cheese, rubbed smooth with a little cream, and seasoned with salt and paprika add another layer of bread and spread with sardines, rubbed smooth; cover with a slice of bread, buttered side down. Wrap in a moist napkin and cover with a heavy weight; allow to stand from three hours to over night then remove the napkin and with a sharp knife cut down in slices, one-half inch thick, and the result is a plateful of attractive, delicious ribbon sandwiches, most desirable for afternoon tea or picnics.

SALT RISING BREAD

Miss Isabel Mariner Mitchell

Flour
1½ tsp. salt
1 pt. scalding water
1 pt. milk

To scalding water add sufficient flour to make a thick batter, and one-half teaspoonful salt; beat until smooth and full of air bubbles. Cover closely, stand in pan of warm water and keep in warm place all night. In the morning scald milk, set aside until lukewarm; add one teaspoon salt and enough flour to make a batter that will not pour from a spoon. Turn into this the salt-rising, which should be very light and emit a very unpleasant odor. Beat thoroughly and continuously for three minutes, cover with a towel, set in a pan of hot water and keep warm until very light, about two hours. Add sufficient flour to make a dough, knead thoroughly until smooth and elastic, divide into loaves, place in greased pans, cover and when very light bake in moderate oven one hour. This must be kept very much warmer than yeast bread, or it will not rise. This is a very old recipe.

SHORT BREAD

Miss Estelle Frances Ward

½ lb. butter
3 cups flour, well sifted
½ cup powdered sugar

Mix in bowl by hand, work sugar into butter and work flour in gradually on board. Put on paper and roll one-fourth inch thick. Cut into rounds and prick with fork. Bake until light brown in a moderate oven, about one-half hour. If desired add caraway seeds.

SOUR CREAM MUFFINS

Mrs. A. P. Bodman

2 eggs, unbeaten
1 tbsp. sugar
½ tsp. baking powder
½ tsp. soda
Sour cream
1½ cups flour
A little salt

Sift together flour, baking powder, soda, sugar, and salt. Put

eggs into a half-pint cup, and fill the cup with sour cream. Pour wet ingredients into dry and stir all together as you pour. Bake ten or fifteen minutes.

SOUFFLÉ PANCAKES

Mrs. Leeds Mitchell

6 eggs
4 tbsp. flour
¼ tsp. salt
3 small tsp. sugar
½ pt. cream

Beat yolks of eggs, add sugar and salt, flour and cream. Mix well. Beat whites of eggs until they can be turned upside down; fold into mixture. Do not stir. Make cakes fairly thick. Have pan very hot and serve at once. These cakes cannot stand without being spoiled.

SPIDER OR SPOON BREAD

Mrs. Jean Cross Weis

1 qt. milk
1 cup yellow corn meal
3 eggs
1 tbsp. sugar
3 tbsp. butter
½ tsp. salt

Heat milk, stir in meal and cook until it thickens. Remove from fire, add salt, sugar and butter, and then the beaten eggs. Pour into a spider or baking dish, and bake for one-half hour. Serve hot with honey, syrup or butter. May take the place of potatoes for a meal.

TEA RUSKS

Mrs. Edmund Andrews

1 pt. milk
2 tbsp. sugar
2 oz. butter or lard
¾ cake compressed yeast
2 eggs
3 or more pts. flour
1 tsp. salt

Scald milk, add to shortening and stand aside to cool. When cool add salt, sugar and yeast dissolved in a little warm water. Beat for five minutes, cover and stand in warm place until light. Add egg, well beaten, and sufficient flour to make a soft dough. Knead lightly for fifteen minutes, cover again and stand in a warm place until double its bulk. Roll out about one inch thick, cut into biscuits, place in greased pans, cover, let stand one-half hour and bake in quick oven about fifteen minutes. Varnish top with sugar and white of egg.

WAFFLES

Mrs. Mark P. Mears

1 pt. flour
2 eggs
1 tsp. salt
1 pt. buttermilk or sour milk
⅔ tsp. soda

Sift flour and salt, add milk, yolks of eggs, well beaten, and soda dissolved in hot water. Fold in whites of eggs, beaten stiff. Add enough flour to drop from spoon easily. If mixed twenty minutes or so, before baking, the waffles are lighter. Have irons hot and well greased. Reverse soon after filling so sides will brown evenly.

WAFFLES

Mrs. Archibald J. F. MacBean

2 cups flour
2 eggs
4 tsp. baking powder
2 cups milk
2 tbsp. melted butter
1 tsp. salt

To the flour, sifted with salt and baking powder, add the milk, a small quantity at a time, beating all the time to get a smooth batter. Add the yolks, well beaten, the melted butter, and last the whites beaten stiff. Fry in hot waffle irons. They will be thin and crisp, and light as a feather.

GENERAL RULES FOR LEAVENING AGENTS

Miss Jenny H. Snow

1. All standard baking powders are of comparatively the same strength, so use the same amount in substituting for one another.

2. Use two level teaspoons of baking powder to one cup of flour.

3. One teaspoon of soda is equal in strength to three teaspoons of baking powder, so in substituting baking powder for soda, use three times as much baking powder as soda.

4. Use one-half a teaspoon of soda with one cup of sour milk.

5. One teaspoon of soda is the maximum amount to use with one cup of molasses.

6. In sour milk mixtures, such as griddle cakes, both soda and baking powder are necessary. With one cup of sour milk and one cup of flour, use one-half of soda and one-half of baking powder, the two together being equal to the two teaspoons of baking powder required for one cup of flour. With one cup of sour milk and two cups of flour, use one-half a teaspoon of soda and two and

one-half of baking powder, the two together to the four teaspoons of baking powder required for two cups of flour.

7. When eggs are used, reduce the amount of baking powder. One teaspoon of baking powder is equal to two eggs.

8. In yeast mixtures, the amount of yeast to be used does not depend on the amount of flour or liquid, but on the food, temperature and length of time. In general use, one cake to three cups of liquid. In shortening the process two or three cakes of yeast may be used.

CAKES

The loaf of faultless cake.
—Stowe.

ANGEL FOOD—THREE SIZES

Mrs. Albert P. Allen

(1)	(2)	(3)
Whites of 5 eggs	Whites of 8 eggs	Whites of 10 eggs
A little salt	A little salt	A little salt
½ tsp. cream tartar	¾ tsp. cream tartar	1 tsp. cream tartar
¾ cup sugar	1¼ cups sugar	1½ cups sugar
⅔ cup flour	1 cup flour	1¼ cups flour
½ tsp. flavoring	Flavoring	Flavoring

Beat eggs and salt, add cream tartar and finish beating very light; gradually add sugar and flavoring. Very lightly and carefully fold in flour. Bake in ungreased funnel pans, from twenty-five minutes to an hour according to size of cake. Place cake in an almost cold oven, increasing heat as cake rises. If oven is too hot, open door and cool off. When cake shrinks to level of pan it is done. Flour and sugar should be sifted seven times.

APPLE SAUCE CAKE

Mrs. D. K. Crighton

1½ cups apple sauce, unsweetened and mashed
½ cup butter
Spice to taste
2 cups flour
1 tsp. soda
1 cup raisins
1 cup sugar

Bake sixty minutes in loaf in moderate oven.

BIRTHDAY CAKE

Mrs. Geo. C. Sikes

2 cups powdered sugar
⅔ cup butter
Whites of 6 eggs
Rose flavoring
3 cups pastry flour, or 2¾ cups
2 tsp. baking powder
1 cup milk

Bake in three layers, and fill with chocolate or any desired filling. Frost with pink icing.

BRAZIL NUT CAKE

Mrs. F. O. Bauman

1 cup granulated sugar
4 eggs
1 wine glass fruit juice
2 cups English walnuts, halved
1 tsp. vanilla
1 cup flour
1 tsp. baking powder
1 lb. stoned dates, left whole
1 cup Brazil nuts, left whole
1 scant tsp. salt
1 box candied cherries, left whole

Beat sugar and yolks. Mix fruit with some of the flour, and nuts with the rest. Combine all the ingredients, except whites of eggs. Add those last, well beaten. Bake slowly for one hour in a loaf.

COCOANUT LAYER CAKE

Mrs. John V. Farwell

2 cups sugar
2 tbsp. butter, melted
2½ cups flour
Lemon flavoring
3 eggs.
1 cup sweet milk
1 tsp. soda
2 tsp. cream of tartar

Bake in layers.

FILLING

1 cocoanut, grated
1 lemon, juice and grated rind
2 eggs
½ cup sugar

Mix, heat it through and spread on each layer.

COUNTY COMMITTEE CAKE

Mrs. Wm. Harrison Cade

1 cup sugar
½ cup butter
3 eggs
½ cup milk
2 cups flour
2 tsp. baking powder

LEMON FILLING

1 egg
½ cup sugar
Juice of a lemon
½ cup water
2 tbsp. flour
Butter size of a walnut

Melt butter, stir in flour. Add water and sugar. Boil gently five minutes. Pour on beaten egg and add lemon juice.

CREAM SPICE CAKE

Mrs. T. O. Wallace

2 cups brown sugar
½ cup butter
2 eggs
2 tsp. cinnamon
½ tsp. cloves
2 cups flour
1 tsp. baking powder
1 cup sour cream
1 tsp. soda

DEVIL'S FOOD

Mrs. Harry Kocher

1 cup sugar
Butter, size of egg
1 cup sweet milk
1 level tsp. soda
2 sqrs. Baker's chocolate
Yolk of 1 egg
1½ cups flour
1 tsp. baking powder

Melt butter and sugar over steam. Cream egg and sugar, dissolve soda in milk, add alternately with flour and baking powder. Then stir in chocolate mixture, vanilla and nut meats if desired. Bake in two layers, or sponge cake tin, in moderate oven.

DOLLY CAKE

Mrs. Clara Louise Burnham

1 cup sugar
⅓ cup butter
¾ cup milk
1 tsp. vanilla
2 eggs
1½ cups flour
4 tsp. baking powder
½ tsp. salt

Cream butter and sugar. Beat eggs very light and add. Sift flour, with salt and baking powder, twice, then add alternately with the milk in small quantities. Flavor. Bake in two layers, or in a loaf.

FRUIT CAKE

Miss Lillian A. Kemp

1¼ lb. butter
1¼ lb. dark brown sugar
1¼ lb. flour
12 eggs
4 lbs. raisins
3 lbs. currants
½ lb. dates
½ lb. layer figs
½ lb. citron
¼ lb. candied orange peel
2 cups orange juice
½ lb. candied lemon peel
¼ lb. Jordan almonds
½ cup dark molasses
¼ lb. candied cherries
1 cup strong coffee
1 nutmeg, grated
1 tbsp. allspice
1 tbsp. cloves
1 tbsp. cinnamon
2 tsp. cream of tartar
1 tsp. soda

Cream butter, add sugar and eggs which have been beaten very light. Mix and sift flour, soda, cream of tartar, and spices. Prepare the fruit, except the citron, and dredge with some of the flour. Add to the first mixture, molasses, coffee, orange juice, flour, fruit and chopped almonds. Mix very thoroughly and fill pans as follows: First make a layer of the cake mixture one-half inch thick, spread evenly with finely shredded citron, and repeat the layers until the pan is about three-fourths full, and all materials are used. Decorate with almonds, strips of figs, green

part of citron and candied cherries. Bake in slow oven (250°) about four hours. Use deep cake pans, and line with four layers of white paper, buttering the top sheet only.

HICKORY-NUT CAKE

Mrs. Amos W. Walker

1½ cups sugar
½ cup butter
Whites of 4 eggs
1 cup raisins, chopped
¾ cup sweet milk
2 cups flour
1 tsp. cream of tartar
½ tsp. soda
1 cup nuts

Bake in loaf in a moderate oven.

ICE BOX TORTE

Mrs. Edward Gudeman

2 dozen lady fingers
½ tbsp. butter
6 eggs
4 cakes sweet chocolate
1 cup milk
Vanilla

Line spring form, or melon mold with lady fingers. Melt chocolate, milk, butter and sugar in double boiler. When cool add the beaten yolks of eggs, then the beaten whites and vanilla. Pour in form over lady fingers. Put in ice box for six hours, or more, then serve with whipped cream on top.

IMPERIAL SPONGE CAKE

Mrs. Lottie Holman O'Neill

6 eggs
1½ cups sugar
Vanilla
1 rounding cup flour
½ tsp. cream of tartar
Pinch of salt

Beat the whites of the eggs stiff. Boil sugar and three tablespoons water to a thread, add to the beaten whites. Beat the yolks to a straw color, add to the whites. Put in salt and vanilla. Mix cream of tartar to flour and beat thoroughly into the mixture. Put into an angel cake pan, in a cold oven, with one burner lighted, and bake until it shinks from pan. Turn over and let cool. This is far superior to any ordinary sunshine cake.

LAYER CAKE

Mrs. H. S. Young

1 cup sugar
1 egg
Pinch of salt
Milk
1 cup flour
Butter size of a walnut
1 tsp. baking powder, level

Mix well together sugar, salt and flour, sifted with baking powder. Melt butter in measuring cup; break into this an un-

beaten egg and fill the cup with milk. Pour into the dry mixture and beat all together rapidly for a minute. Flavor to suit taste and bake in a hot oven. Delicious with whipped cream.

Here are some ways of using the same recipe:

1—For steam batter pudding.

2—With one-fourth the amount of sugar, it makes the "best ever" muffins.

3—Add nuts, raisins and spice, bake in tins—delicious hermits the result.

MY FIRST CAKE—STILL GOOD

Miss Harriet E. Vittum

2 cups granulated sugar
1 cup butter
Whites of 5 eggs
1 cup milk
3 cups flour
2 tsp. baking powder
1 tsp. almond flavoring

Rub butter until very soft, add the sugar and rub to a smooth cream, add the milk very slowly, then the flour into which has been sifted the baking powder. Last fold in gently, but thoroughly, the whites of the eggs beaten quite stiff, and the flavoring. Bake in tube pan with a fairly hot oven for the first ten minutes and then with the heat reduced.

OLD VIENNA CHRISTMAS CAKE

Mrs. John Leeming

6 eggs
1 large cup sugar
½ cup citron, chopped
1½ cups almonds, ground
1 lemon, juice and grated rind

Stir the yolks of eggs and sugar until thick as cream; then add the juice and rind of lemon, almonds, and citron; lastly the whites of eggs beaten stiff. Grease little tins well, or one big rather shallow tin; bake in moderate oven, but have it very hot to start, lower heat. This cake will keep fresh and moist for two months or more.

ONE EGG CAKE

Mrs. C. R. Blanchard

1 scant cup sugar
1 heaping tbsp. melted butter
Milk
1 egg
1 heaping cup flour
1 heaping tsp. baking powder
¼ lb. walnuts, cut up

Put melted butter in a cup, break in egg, fill cup up with milk, add other ingredients.

PORK CAKE

Mrs. John Milloy

1 cup brown sugar
½ lb. fat salt pork
1 egg
1 cup boiling water
½ tsp. soda
2½ cups flour
½ cup molasses
½ lb. raisins
1 tsp. cinnamon
½ tsp. each, cloves and mace

Chop pork and raisins, add boiling water, sugar and molasses, and egg well beaten. Mix well, sift in flour, add spices and soda dissolved in tablespoon water. Beat well; bake about an hour in a slow oven.

POUND CAKE

Miss Gertrude Durkin

2 cups butter
2 cups sugar
8 eggs
4 cups flour
½ tsp. mace
2 tbsp. milk

Cream butter and sugar, add the yolks of eggs, beaten until thick, then the milk, flour and whites of eggs. Pour into a square tin and bake an hour.

PRALINE FILLING FOR CAKE

Mrs. Frank M. S. Brazelton

2 cups confectioners' sugar
½ cup cream
1 cup maple syrup
2 cups nuts, walnuts, pecans, etc., as liked

Boil sugar, syrup and cream together until it forms a soft ball. Cool somewhat and beat until creamy; add nuts. Split cake layers, put filling between and on top, making six thin layers. Decorate top of cake with whole nut meats. The trick of success is to have the filling cool, but not quite so cold as to be dropped on wax paper for candy, and the cake warm. Then the two fairly melt together. Use flat-bladed knife dipped in hot water to smooth if necessary. Cake should stand until cold before being cut.

PREMIUM CHOCOLATE CAKE

Miss Katherine Andrin

2 cups sugar
1 cup butter
Yolks of 5 eggs
Whites of 2 eggs
1 cup milk
3½ cups sifted flour
2 heaping tsps. baking powder
Flavoring

Stir butter and sugar to a cream, add the yolks of eggs after

they have been well beaten. Then stir in milk, beat the whites of eggs to a stiff froth and add that also; now put in flour, baking powder having been sifted with it. Bake in jelly-cake tins.

FILLING

Whites of 3 eggs
2 cups sugar
1 tsp. vanilla
½ cake chocolate, grated
½ cup water

Beat whites of eggs very stiff; boil sugar and water until almost candy (the stringy state), take it hot from the fire and pour very slowly on the beaten whites of eggs, beating quite fast. Add chocolate and vanilla extract. Stir all until cool, then spread between each layer and over the top and sides.

ROLL JELLY CAKE

Mrs. A. P. Bodman

1 cup sugar
3 eggs
Salt
1 cup flour
1 tsp. soda
2 tsp. cream tartar
1 tbsp. cold water

Beat yolks and whites together, add water, then the flour into which the cream tartar has been stirred, then the soda dissolved in a little water. Bake in a very thin sheet. Turn out on board, spread with jelly and roll while hot. This is a very old Connecticut recipe.

SPICE CAKE

Mrs. George Pretzel

1 cup strong, cold coffee
1 cup butter
2 cups sugar
½ cup milk
3 cups flour
1 cup raisins
½ cup citron
3 eggs
½ tsp. nutmeg
½ tsp. allspice
1½ tsp. baking powder

ALMOND FILLING

2 cups powdered sugar
½ cup sour cream
1 tbsp. vanilla
¾ cup chopped almonds

SUNSHINE CAKE

Mrs. H. N. Rose

4 eggs
1½ cups sugar
2 cups flour
½ cup water
1 tbsp. lemon juice

Beat together the sugar and egg yolks for ten minutes. Add to them the flour and beat again. Lastly fold into the mixture the egg whites beaten very stiff. Bake forty-five minutes in a greased and floured Turk's-head, in a slow oven.

WALNUT MOCHA CAKE

Miss Gertrude Durkin

½ cup butter
1 cup sugar
1 cup cold coffee
1 cup broken walnut meats
1¾ cups flour
2½ tsp. baking powder
Whites of 3 eggs

Cream butter and sugar, mix alternately the coffee and flour, sifted with the baking powder. Then stir in the walnut meats and whites of eggs, beaten stiff. Bake in a deep pan and cover with a white frosting, garnish with half walnuts.

COOKIES AND SMALL CAKES

Sweet cakes and short cakes, ginger cakes and honey cakes, and the whole family of cakes. —*Washington Irving.*

ALMOND COOKIES

Mrs. Lottie Holman O'Neill

1 cup white sugar
1 cup light brown sugar
1 cup shortening, melted
1 cup almonds, chopped
½ tsp. salt
4½ cups flour
2 tsp. soda
1 tbsp. cinnamon, ground
3 eggs, well beaten

Mix well sugar, cinnamon and salt, add eggs, shortening and almonds; then flour, sifted several times with soda. If too dry add a little more shortening. Pack in a loaf tin as firmly as possible and let stand over night. Slice very thin and bake in a hot oven. These are delicious for afternoon tea.

BROWNIES

Mrs. W. F. Dummer

1 cup brown sugar
½ cup flour
¼ tsp. baking powder
2 eggs
½ cup walnuts, chopped

If the eggs are small, it is better to use less flour, otherwise the Brownies are apt to be very dry.

CINNAMON STARS FOR CHRISTMAS

Mrs. F. O. Bauman

Whites of 8 eggs, beaten to a froth
1 lb. powdered sugar
Juice and rind of 1 lemon
1¼ lbs. almonds, grated but not blanched
1 tbsp. cinnamon

Mix eggs, cinnamon, almonds and lemon. Add the sugar. Cut into star shape, let stand one hour before cutting out. Sprinkle board with flour and granulated sugar mixed.

CHOCOLATE-CHOCOLATES

Mrs. Samuel Dauchy

¾ cup sugar
¼ cup butter
2 eggs, beaten separately
2 tbsp. chocolate, melted
1½ cups flour, sifted
1½ tsp. baking powder
½ cup milk
1 tsp. vanilla

Cream butter, add sugar, yolks of eggs. Add slowly milk and some of the flour. Continue beating, add remainder of flour, baking powder, chocolate and whites of eggs last. Bake in a cake tin for twelve individual cakes, two inches in diameter, round bottom preferred. Cover with chocolate frosting, add vanilla to melted chocolate.

CHOCOLATE FUDGE COOKIES

Mrs. Theodore O. Weiss

1 cup sugar
½ cup butter, melted
¾ cup flour
¼ tsp. baking powder
2 eggs, unbeaten
2 sqrs. chocolate, melted
½ cup English walnuts

Cream butter and sugar, break in eggs, add chocolate, flour, baking powder and nuts. Bake in very slow oven forty to fifty minutes.

CORNFLAKE WAFER

Mrs. Jean Cross Weis

2 eggs
1 cup sugar
2½ cups cornflakes
1 cup chopped nuts

Beat eggs very light, add sugar gradually, then the nuts and flakes. Drop on cooky tray by teaspoonful and bake fifteen or twenty minutes in a moderate oven. Lift from tray very carefully with broad knife or spatula.

DOUGHNUTS

Mrs. Irvin McDowell

1 cup sugar
1 cup milk
½ tsp. salt
2 eggs
2 cups flour, sifted
2 tsp. baking powder

Beat sugar, eggs and salt until creamy, add milk, flour and baking powder. Mix well and add sufficient flour to roll on board. Cut with doughnut cutter and fry in deep fat.

DOUGHNUTS

Mrs. George W. Scupham

1 tsp. butter, melted
1¼ cups sugar
1 tsp. nutmeg
Pinch of salt
2 eggs
1 cup milk
Flour to roll
4 tsp. baking powder

FILLED COOKIES

Mrs. Mary Stevens Hegler

1 cup sugar
1 egg
1 tsp. soda
1 cup Crisco and butter mixed
½ cup sweet milk
1 tsp. vanilla
5 cups flour, or more if needed

Roll very thin, cut round. Put one-half teaspoon of filling in center of cooky, cover with another cooky and bake.

FILLING

1 cup raisins, figs or dates, chopped
½ cup sugar
1 tbsp. flour
½ cup water
Vanilla to taste

Boil and cool before spreading on cooky. Rule makes about forty-five.

FILLED CUP CAKES

Mrs. Arthur J. O'Neill

¾ cup sugar
¼ cup butter
½ cup milk
2 eggs
1½ cups flour (scant)
2 tsp. baking powder

Cream butter and sugar. Add egg yolks, beaten very light. Then alternately milk and flour, sifted with baking powder. Last add well beaten whites.

CUSTARD FILLING

1 egg yolk
2 tbsp. sugar
⅜ tbsp. cornstarch
¾ cup milk

Mix and cook in double boiler.

Cut out hole in top of cakes. Remove cake and fill in cavity with filling. Then replace light baked top to hide where filling has been placed. Cover with frosting.

This makes ten cakes.

GINGER BREAD

Mrs. Ira Couch Wood

2 eggs
1 cup sour cream
¾ cup molasses
½ cup white sugar
1 level tsp. soda
¼ tsp. salt
½ tsp. ginger
½ tsp. cinnamon
2 cups flour

Beat eggs, stir in sour cream, molasses and sugar, add seasonings and sifted flour. Dissolve soda in one tablespoon hot water and beat in at the last. Bake in shallow pan and serve hot with butter and cream cheese.

GINGER COOKIES (SOFT)

Mrs. Harold F. White

1 cup lard
1 cup sugar
1 cup molasses
1 cup hot water, or sour milk
4 cups flour
2 eggs (can be omitted)
1 tsp. soda, dissolved in the hot water

Beat well, drop with spoon in pan and bake in slow oven.

GINGER SNAPS

Mrs. Mark P. Mears

2 cups molasses
1 cup sugar
1 cup butter
½ tsp. cinnamon
1 egg
1 heaping tsp. soda
1 tsp. ginger
½ tsp. salt
Flour

Mix hard and roll thin.

GRANDMOTHER'S WAFERS

Miss Lydia Earle Whitted

3 tbsp. sugar
1 tbsp. butter
4 eggs
1 teacup flour
Nutmeg or mace

Make batter very thin. Butter the wafer irons and have them very hot. As you take from the iron, roll on a smooth clean stick about one inch in diameter. This recipe is over a hundred years old.

HICKORY NUT GINGER BREAD

Mrs. Duane T. McNabb

½ cup brown sugar
½ cup molasses
¼ cup melted butter
1 egg
1 cup sweet milk
2 cups sifted flour
1 level tsp. soda
1 level tsp. ginger
Pinch of salt

Three tablespoons shelled and chopped hickory nuts mixed with 3 tablespoons light brown sugar and strewn on top of cake before baking. Bake in shallow pan fifteen minutes in moderate oven.

ORANGE TEA CAKES

Miss Mary I. Hunter

1 cup sugar
3 tbsp. butter
2 eggs
1½ cups flour (Swansdown)
1½ tsp. baking powder
½ cup orange juice
Grated rind of 1 orange

Cream butter and sugar, add eggs beaten very thoroughly, then grated rind (just yellow part), then juice and flour alternately. Bake in gem tin.

PEANUT COOKIES

Mrs. C. R. Blanchard

1 cup sugar
1 heaping tbsp. butter
1 egg
1 cup milk
1½ cups flour
1 heap. tsp. baking powder

Cream sugar and egg well. Let milk come to a boil and add butter, then add to sugar and egg. Beat well. This batter is very thin. Then add flour and baking powder. Bake in a long, narrow pan.

FILLING

2 cups powdered sugar
½ cup butter
2 tbsp. cream or milk

Cream butter and sugar; thin with cream. Cut the cake in narrow pieces; frost on all sides; cover or roll them in one and one-half pounds finely ground peanuts.

PLAIN COUNTRY COOKIES

Mrs. Edward Gudeman

4 eggs
1½ cups sugar
1 cup butter
2 tbsp. water
1 qt. flour
1 tsp. cream tartar
1 tsp. soda

Sift cream tartar into flour. Roll rather thin. Very nice for children.

ROXBURY CAKES

Mrs. D. K. Crighton

2 eggs
¼ cup butter
½ cup sugar
½ cup molasses
Nuts and raisins
1½ cups flour
½ cup sour milk
½ tsp. soda
1 tsp. baking powder
Cinnamon and cloves

Bake in muffin tins in quick oven.

SEED CAKES

Miss E. Beatrice Dauchy

2 cups sugar
1 cup butter
Flour
½ cup sour cream
Whites of 2 eggs
½ tsp. soda

Stir like cake, then mix with flour, pretty stiff, then roll thin as pie crust, and sprinkle with caraway seeds. Roll again, cut and bake as cookies

DESSERTS

'Tis the dessert that graces all the feast,
For an ill end disparages the rest.
—William King.

APPLE JOHN

Miss Katherine Andrin

1 egg, well beaten
1 tbsp. butter
½ cup milk
1 pt. sliced sour apples
1 cup flour, sifted
1 heaping tsp. baking powder
¼ tsp. salt

Sift flour, salt and baking powder together, rub in butter, add egg and milk; batter should be like waffle batter. Put apples in deep buttered pie pan, spread butter over them and pour batter in. When baked, turn out and cover with sugar, butter and grated nutmeg. Serve with cream.

BAKED INDIAN PUDDING

Mrs. Russell Tyson

2 tbsp. meal
Small cup molasses
1 heaping tsp. butter
1 qt. milk
¾ tsp. salt
1 egg

Steam two hours in double boiler, beat egg, add, and bake one hour.

BLUEBERRY PUDDING

Mrs. Edward F. Chapin

3 tbsp. shortening
1 cup sugar
1 egg
1½ cups blueberries
1¾ cups flour
2 tsp. baking powder
¾ cup milk

Cream shortening; add sugar, beaten egg and milk, then flour and baking powder, sifted together, and berries, dredged in flour. Bake twenty-five or thirty minutes in small tins or pan and serve with sauce for dessert.

BOILED COFFEE SOUFFLÉ

Mrs. Frank O. Lowden

1 qt. milk
1 cup strong coffee
Sugar to taste (about 8 tbsp.)
4 eggs
½ tsp. salt
3 tbsp. granulated gelatin

Put the milk, coffee, sugar, gelatin and salt into a double boiler; bring to a boil, stirring occasionally. Beat the whites and yolks of eggs separately. Remove the boiler from the fire and pour over the beaten yolks; return to the fire and cook, stirring constantly until the mixture begins to thicken. Allow it to cool partially; pour over the beaten whites; stir all thoroughly. Pour into small molds or a single large one; place on ice to cool and harden; serve with cream.

CHOCOLATE PUDDING

Mrs. Moses Purvin

½ box gelatin
1 pt. milk
3 eggs
1 cup milk
⅓ cake bitter chocolate
1 cup sugar

Dissolve gelatin in cup of milk; let stand one-half hour. Boil milk, and dissolve chocolate in it. Beat yolks of eggs and sugar until light. Add gelatin to milk; boil up, remove from fire and pour over eggs. Stir until smooth. When cold add beaten whites. Serve with whipped cream.

CINNAMON APPLES

Mrs. Edward L. Murfey

Jonathan apples, pared and cored
Red cinnamon candies
1 cup sugar
6 cups water

Make syrup of sugar and water. Use one-half ounce of candies to each six cups of syrup. Boil apples gently; do not cover the pan; turn carefully so that all parts of apples may be colored. If necessary the apples may be left in the syrup after they are done to give them a darker color.

CREAMY RICE PUDDING

Mrs. John Stuart Coonley

3 tbsp. rice
¾ cup sugar
1 qt. milk
½ cup cream

Soak rice in cold water over night. In morning pour off water, and mix all together, put in a pudding dish and bake two hours, stirring occasionally. Add more cold milk if it becomes thick.

DATE SOUFFLE

Mrs. Anna S. L. Brown

1 cup sugar
2 eggs
1 tbsp. flour
1 cup English walnuts
1 cup dates
1 tsp. baking powder

Cut walnuts into small pieces, and dates in quarters. Mix and pour into greased, flat tin, 7x12, and bake twenty minutes in a moderate oven. Break into small pieces and serve cold with whipped cream.

DIPLOMATIC CREAM

Miss Mary D. Sturges

½ box gelatin
½ cup cold water
¾ cup sugar
1 cup fresh fruit or marrons
1 pt. cream
½ pt. whipping cream
Whites of 4 eggs
1 tsp. vanilla

Soak gelatin in water. Bring cream to boil, add gelatin and sugar, pour over the stiffly beaten whites of the eggs, stir well and when it begins to thicken add whipped cream. When thick enough add fruits and one-half cup minced blanched almonds, if desired.

ENGLISH PLUM PUDDING

Mrs. Frank M. S. Brazelton

8 eggs
1¼ lbs. brown sugar
3 cups carrot, grated
3 cups fine bread crumbs
1 lb. finely sifted flour
1 lb. seeded raisins
1 lb. finely chopped suet
1 lb. cleaned currants
¼ lb. finely chopped mixed candied peel

Mix ingredients thoroughly, adding sufficient milk to make rather stiff batter. Turn into floured mold or pudding cloth, tie or fasten securely, and boil hard, especially at first, one hour for each pound of ingredients and one for milk and eggs. Serve with hard sauce or sweetened and flavored white sauce as liked. Delicious hot or cold. Will keep for years if well wrapped. This is a famous old recipe and has been in the family hundreds of years.

GELATIN PLUM PUDDING

Mrs. Irwin Rosenfels

1 envelope gelatin (½ pkg.)
¾ cup cold water
½ tsp. vanilla
1 cup raisins, seeded
½ cup figs, cut fine
½ cup dates, stoned and cut
1 cup coffee
¼ cup citron, sliced
¼ cup nuts, chopped
½ cup currants
1½ squares chocolate
1 cup milk
1 cup sugar

Soak gelatin in cold water. Cover the fruit with one and one-half cups cold water, and cook until thick. Melt chocolate and add to milk, heated in double boiler, then add gelatine and sugar, and stir until dissolved. Add coffee, then remove from fire, add vanilla, fruit and nuts, cool in molds and serve with whipped cream.

GOSSAMER WHIP

Mrs. Maud R. Turlay

1 bottle whipping cream
1½ cups marshmallows
1 small can grated pineapple
1 small bottle maraschino cherries
1 tbsp. gelatine
1 tbsp. cold water
2 tbsp. boiling water
½ cup almonds, ground

Dissolve gelatine in the cold water, then in the hot water; let cool. Cut marshmallows and cherries into small pieces, add the cream, whipped stiff, and the gelatine. Set in ice box until cold.

LAKE GENEVA SHERBET

Mrs. Samuel Dauchy

1 qt. milk
2 cups sugar
½ cup lemon juice

Dissolve sugar in the lemon juice, add milk and freeze.

MACAROON PUDDING

Mrs. Donald L. Morrill

6 eggs
6 tbsp. sugar
½ lb. or more stale macaroons, rolled
2½ or 3 tbsp. powdered gelatin

Beat yolks of eggs and sugar very light, melt gelatine in hot water, add to yolks, beat whites of eggs with whisk (not Dover), add yolks and gelatine to whites, mix thoroughly, add rolled macaroons. Mold and serve with whipped cream.

MARRON GELATINE PUDDING

Mrs. Royal Wentworth Irwin

¼ box Knox's gelatine
¼ cup cold water
⅛ tsp. salt
1 tsp. vanilla
2 cups scalded milk
⅓ cup sugar
⅔ cup pounded marrons
3 eggs

Soak gelatine in water. Make a custard of the milk, yolks of eggs, sugar and salt, in a double boiler. Add gelatine, strain, set in ice water, add marrons and flavor, stirring until it begins to thicken. Then fold in stiffly beaten whites of eggs. Pour in ring molds, and when cold turn out and fill center with whipped cream. Garnish with marrons, cut in half. Marrons (imported chestnuts) may be secured at the grocer's, put up in vanilla syrup. One bottle will make and garnish one recipe.

PRINCESS PUDDING

Mrs. Theodore O. Weiss

3 eggs
⅓ cup sugar
¾ tsp. gelatin
2 tsp. cold water
Grated rind of ½ lemon
2 tsp. lemon juice
3 tsp. boiling water

Soften gelatin in cold water, add boiling water. Beat yolks of eggs until thick, gradually adding sugar, stirring all the time. Add juice and rind of lemon and dissolved gelatin. As soon as mixture begins to set add whites of eggs. Mold in small dishes, chill two hours, and serve with whipped cream.

SAILOR DUFF PUDDING

Mrs. John Stuart Coonley

1 egg
2 tsp. melted butter
1 cup boiling water
Pinch of salt
1½ cups flour
½ tsp. baking powder
½ cup molasses
1 tsp. soda (dissolved in warm water)

Mix well; add water last; steam in well greased pan for one hour.

SAUCE

½ cup butter
½ cup powdered sugar
¼ cup cream whipped stiff, or 1 egg
½ tsp. vanilla
Small pinch of salt

STEAMED CHERRY PUDDING

Miss Julia C. Lathrop

1 qt. cooked cherries
1 egg
½ cup sugar
¼ tsp. salt
1 cup flour
1 tsp. baking powder
½ cup milk

Fill seven thick porcelain custard cups one-half full of cherries. Pour batter over cherries, steam forty minutes, turn out and serve with sauce of remaining cherries, and juice, hot and sweet. Cream cheese beaten with whipped cream makes a good accompaniment.

ENTREES

A dish that I do love to feed upon.
—Shakespeare.

BAKED CRABMEAT

Mrs. Charles Potter

1 half-pound can crabmeat
2 hard boiled eggs, chopped
Salt to taste
Pinch of soda
2 oz. bread crumbs
Juice of ¼ lemon
Dash of cayenne

Mix above ingredients and add to cream sauce.

SAUCE

2 tbsp. melted butter
1 cup sweet cream
1 tbsp. flour
Salt

Pour into a baking dish, cover with crumbs and pieces of butter; bake from thirty to forty minutes and serve on toast.

BAKED OMELET

Mrs. H. N. Rose

5 egg yolks
3 tbsp. cream
5 egg whites
1 salt spoon salt

Beat yolks of eggs slightly, add cream and salt. Fold in the whites, beaten very stiff, and bake twelve minutes in a moderate oven.

BACON AND RICE

Mrs. F. W. Shand

Bacon
3 eggs
2 cups cold rice

Line frying pan with bacon, and when cooked remove from grease in pan. Add rice, cold, stir well with fork to separate grains. When rice is thoroughly heated, stir in well beaten eggs. Surround the mound of rice with the bacon curls.

CHEESE FONDU

Mrs. Kenneth Rich

2 cups cheese, cut small
1 cup bread crumbs
Salt, pepper, paprika
1 cup milk
Butter, size of small egg
2 eggs
Worcestershire sauce if desired

For bread crumbs, use inside of stale loaf. Mix cheese, crumbs, butter, milk and seasoning, melt over stove. then add the eggs, well beaten. Pour them in slowly to prevent scrambling, and stir constantly. When it thickens, serve on toast or crackers.

CHICKEN ASPIC

Mrs. Murry Nelson

Salt
Chicken
3 cloves
1 box gelatine
½ onion
Pepper
2 bay leaves
Juice of ½ lemon
Hard boiled eggs

Steam chicken in a little water until tender, cool, save water and skin. Remove meat from bones. Boil water, onion, bay leaves, cloves, salt and pepper. There should be about one pint of broth. Dissolve gelatine in ½ cup of water, pour broth over it and add lemon juice. Line small bread pan with slices of hard boiled egg, lemon and the best pieces of chicken, add the rest of the chicken, pour broth over and cool. Serve on flat dish with parsley and cold boiled carrot stars.

CHICKEN OR HAM TIMBALES

Woman's City Club Lunch Room

2 tbsp. butter
⅔ cup milk
2 eggs
½ tbsp. chopped parsley
½ cup stale bread crumbs
1 cup chopped meat. (chicken, ham or beef)
Salt and pepper

Melt butter, add crumbs and milk, cook five minutes stirring constantly. Add meat, parsley and eggs, slightly beaten. Season; turn into greased molds two-thirds full. Set in hot water and bake like custard.

CHICKEN SOUFFLÉ

Mrs. Russell Tyson

1 cup chopped chicken, turkey or veal
1 tbsp. flour
2 eggs
1 cup milk
Salt
Butter size of an egg

Put milk and salt to boil, thicken with flour, wet with milk. Beat the yolks of eggs and stir into the hot milk. When set add butter and stir in the chopped meat, remove from the fire and pour into a dish to cool. When cold add the whites of eggs beaten stiff, and pour into a buttered dish. Bake about twenty five minutes; serve at once.

CHICKEN SOUFFLÉ

Mrs. Francis C. Farwell

Breast of chicken, cut up — Bread
Cream — Whites of 3 or 4 eggs
Salt and pepper

Put chicken through colander, add bread and cream enough to soften them; add whites of eggs, well beaten. Bake in cake funnel pan. Fill center with white cream sauce.

SAUCE

2 tbsp. butter — 1 tbsp. flour
1 cup cream, or milk — Salt and red pepper

Melt butter, add flour stirring constantly, add cream or milk a little at a time, then seasoning.

CHEESE BALLS

Mrs. Ambrose Cramer

½ cup grated cheese — 2 eggs

Whites of eggs beaten stiff. Add cheese. Form into balls size of walnuts, put two hours on the ice, fry quickly in hot lard.

DELICIOUS LUNCHEON OR SUPPER DISH

Mrs. John Milloy

Potatoes, diced — Sliced raw ham
Milk — Flour

In a casserole put layers of diced, or sliced potatoes, on top of which put the ham, cut to fit the dish. Over all pour milk to cover, with a tablespoonful of flour to each cup of milk. Among the potatoes put some bits of fat cut from the ham. Bake about an hour.

GREEN PEPPER OMELET

Miss Kate Sturges Benton

Eggs — ½ slice green pepper
Butter — Bit of red pepper

Heat two sauce pans. Put large piece of butter in first and a small piece in the second. In the first put green and red pepper. In the second make very soft scrambled eggs, amount according to persons served, and turn into first on peppers. Let brown and turn over in omelet shape on platter. This takes ten minutes.

MUSHROOM WOODCOCK

Mrs. H. W. Snow

¼ lb. butter
2 tbsp. flour
1 pint milk

Make the above into a cream sauce.

2 cans broken or hotel mushrooms
½ lb. strong American cheese
1 green pepper
1 small can pimentoes
6 hard boiled eggs

Put the above through the meat grinder, add the cream sauce, put in baking dish, grate crumbs over the top and bake fifteen minutes.

OLD ENGLISH SUET PUDDING (for Meat)

Mrs. B. F. Langworthy

1 lb. sifted flour
½ lb. beef suet, chopped fine
½ cup water
½ tsp. salt
2 eggs beaten

Mix all ingredients, beating into a smooth thick batter. Place in a round bottom bowl. Flour a pudding bag or cloth, tie around the bowl, sink into a pot of boiling water, either with or without a piece of salt meat. Boil for one and one-half hours. Remove from water, untie pudding cloth, invert bowl on platter and remove it. Serve pudding very hot. If desired to steam instead of boil this pudding, two and one-half hours should be allowed. If it is cooked without meat in the pot it is called nursery pudding and eaten by little children.

PECAN NUT LOAF

Mrs. John S. Brown

1 cup hot boiled rice
1 cup pecan meats, chopped
1 cup cracker crumbs
1 tbsp. butter, melted
1 egg
1 cup milk
1½ tsp. salt
¼ tsp. pepper

Mix rice, nut meats and cracker crumbs; add egg, well beaten, milk, salt and pepper. Turn into buttered small bread pan; pour over it the melted butter, cover and bake in moderate oven one hour. Turn on hot platter and pour around it either a tomato sauce, or the following: Cook three tablespoonsful butter with two slices onion three minutes, stirring constantly; add three tablespoonsful flour, stir until well blended; then pour on gradually one and one-half cups milk. Bring to boiling point, add one-half teaspoonful salt, little pepper and strain.

SAUCE FOR SPAGHETTI

Miss Helen A. Montegriffo

1 Bermuda onion, sliced
4 tbsp. olive oil
1 tbsp. butter
1 lb. round steak
½ cup Parmesan cheese, grated
Spices if desired
1 can tomatoes (thick part only)
1 lb. fresh mushrooms, or 1 can mushrooms
2 large carrots
Salt and pepper
2 tbsp. dried mushrooms, soaked in hot water

Brown onion and meat in the oil and butter. Add thick part of tomatoes. After the dried mushrooms have been soaked a few minutes in warm water, put them in the kettle with the canned mushrooms and carrots, which have been cut in eighths, add salt and pepper, and other spices if desired. Let this simmer slowly over an asbestos plate for three hours. Lift meat out of sauce. Pour sauce over cooked spaghetti, add grated Parmesan cheese, or Roman cheese, and serve.

SPAGHETTI FOR LUNCHEON

Mrs. Mark P. Mears

2 green peppers, ground
1 medium sized onion, ground
1 can tomato soup
1 tbsp. butter
¼ lb. cheese, cut up
1 lb. spaghetti, cooked

Cook peppers and onion in butter, add cheese and tomato soup, stir until smooth. Mix with spaghetti, put in baking dish, cover with bread crumbs and bits of butter. Bake thirty minutes.

SPAGHETTI

Mrs. Irvin McDowell

1 small pkg. spaghetti
1 small onion
2 tbsp. butter
1 tbsp. sugar
1 can tomatoes
1 tbsp. vinegar
1 tsp. salt
½ cup American cheese, grated

Fry onion in butter; add tomatoes, sugar, vinegar and salt. Break up spaghetti, add to tomato sauce and cook over a slow fire. Just before spaghetti is done, add cheese and cook until it is melted.

SPINACH SOUFFLÉ

Mrs. Tiffany Blake

2 cups spinach
1½ level tbsp. flour
3 egg yolks
2 tbsp. butter
1 cup cream
3 egg whites

Boil enough spinach in salted water to have two cups when it has been drained and chopped. Put into a saucepan on the fire, add the butter and flour, when these are blended add the spinach and cream. Cook five minutes, stirring carefully, then mix in the yolks of eggs and remove the sauce pan at once from the fire. When cool stir in the whites of eggs which have been well beaten. Pour into a buttered souffle dish and bake about twenty minutes in a moderate oven.

Sauce for spinach, or very young cabbage. Leave out the sugar when you use it for spinach.

½ cup butter
⅔ cup milk
1 tbsp. sugar
1 tsp. flour
3 eggs
⅓ cup vinegar
1 tsp. mustard
1 tsp. salt

SWEET POTATO PUDDING

Mrs. Donald Putnam Abbott

Sweet potatoes, mashed
Marshmallows
Raisins

Fill greased baking dish with potatoes, (Georgia yams preferred), with plenty of raisins stirred in. Be sure to have it quite moist. Cover the top with marshmallows and bake to a golden brown.

MEAT, POULTRY AND FISH

I do protest I do honor a chine of beef,
I do reverence a loin of veal.
—Beaumont and Fletcher.

BAKED HAM WITH APPLES

Mrs. H. J. Armstrong

Thick slice of ham
Light brown sugar
6 good cooking apples
Chopped dates

Remove the fat from ham and place in a shallow baking dish. Chop fat and sprinkle over ham. Remove the cores from apples, fill the cavities with dates and brown sugar. Place apples on the ham and bake in a quick oven until they are cooked. Serve the apples as a garnish for the ham.

BAKED MEAT DISH

Dr. Margaret M. Jones

Chipped beef or cold meat
Finely sliced potatoes, raw
Bacon
Sweet peppers
Cracker crumbs
Onion

Grease a baking dish, or casserole and cover the bottom with a thin layer of the potatoes, then add a layer of meat with a few slices of sweet peppers. Repeat layers until dish is full, having the last one potatoes, over which dust a few cracker crumbs. Cover well with thinly sliced bacon and onions. Pour hot, skimmed milk slowly in one side until it can be seen coming through. Bake forty minutes in hot oven. If cold meat is used a little salt is needed.

BREADED SWEET BREADS

Mrs. B. F. Langworthy

2 lbs. large sweet breads
2 cups bread, or cracker crumbs
2 eggs
Hard wood tooth picks
1 lb. bacon, sliced thin

Wash sweet breads and place on stove in slightly acidulated cold water. Boil for twenty minutes, throw into cold water and chill. Put aside for an hour to dry. Remove membrane. Roll

each sweet bread in a slice of bacon and pin with a tooth pick. Roll in egg and cracker crumbs, bake in a quick oven until brown, about twenty minutes. Remove to chop platter, take out tooth picks and serve with candied sweet potatoes.

CHICKEN PIE

Mrs. Augustus Frank

Crust for Pie

2 cups flour
2 tsp. baking powder
2 tsp. salt
2 tbsp. shortening
1 egg, beaten
1 cup milk

Sift baking powder in flour, mix all ingredients to make batter.

Broth for Pie

3 tbsp. butter
3 tbsp. flour
1 cup hot cream, or milk
1 cup warm broth
4 cups boiling broth
Pinch of pepper

Mix butter, flour and pepper well, add warm broth, then boiling broth, cook until it bubbles, stirring constantly; add hot cream or milk. Cook chicken in plenty of water until tender, pick from bones, place in pan and cover with broth. Drop spoonsful of crust over it, and bake about twenty minutes in a hot oven.

CHIPPEWA GRANDMOTHER'S CHOWDER

Mrs. Edwin Herbert Lewis

¼ lb. salt pork or bacon
2 onions
1 tsp. salt
2 lbs. black bass, halibut or fresh cod
2 tbsp. flour
6 medium sized potatoes

Cut pork into small dice and fry a delicate brown; slice onions, add to pork, tossing together for five minutes; add flour and stir until absorbed in fat. In another pan cook the sliced, or diced potatoes for fifteen minutes and add the pork and onions. Bone the black bass, cut the meat into squares, lay on top of the chowder mixture, simmer for twenty minutes carefully, so as not to break the fish. When ready to serve add one cupful cream, one teaspoonful lemon juice, or tarragon vinegar and a dash of red pepper. Serve hot with toasted pilot bread and dill pickles. Note—The boning may be made easy by steaming the whole fish for fifteen minutes.

ENGLISH BEEF STEAK PUDDING

Mrs. Horace J. Bridges

2 lbs. round steak, cut small
1 onion, medium size
Water
1½ cups flour
Pinch of salt
2 tbsp. suet, chopped

Make paste of suet, flour and salt and a little cold water. Roll it out, not too thin and line a basin with it. Put in the meat, rolled in flour, salt and onion cut small, add one-half cup cold water. Cover the basin, (which should be full,) with paste and tie a cloth over the top. Steam five hours by putting the basin half way in water. Turn out on a platter and serve with vegetables, and a little extra gravy.

FRENCH CAPTAIN'S RAGOUT

Miss Mary E. McDowell

2½ lbs. mutton
Butter size of a walnut
Potatoes to suit
Salt
3 pts. boiling water
4 heaping tbsp. flour
Onions, tomatoes and carrots to taste
Pepper, both black and red

Cut mutton, preferably from the loin, in chunks, put flour in hot pot and brown well. Mix butter with brown flour, add sufficient water to make the flour the consistency of cream. Add boiling water, mutton, onions, tomatoes and carrots. Cook slowly for two hours or more. Add potatoes at the right time.

HAMBURGER STEAK WITH RICE

Mrs. Arthur J. O'Neill

1½ lbs. round steak, ground
1 green pepper, ground
1 onion
Salt and pepper
1 cup of boiled rice
1 can of tomatoes
Good sized piece of butter

Mix meat, onion and green pepper and make into 7 round balls. Place in baking dish. Add butter, salt and pepper to tomatoes and pour over meat. Bake thirty minutes.

Put rice in boiling water and cook twenty minutes. Heap in center of platter and place around it meat balls covered with sauce. This makes a very pretty dish.

INDIA CURRY

Mrs. George R. Dean

2 lbs. lean meat, mutton or veal
1 tbsp. flour
1 heaping tbsp. butter
1 tbsp. curry powder
1 tsp. salt
1 small onion, cut fine
1 pt. hot water or stock

Fry finely cut onion in butter. Mix curry powder, flour and salt; stir into butter and onion and burn until nearly *black.* These three ingredients should be measured somewhat more than level, but can be varied to suit the taste. Add gradually the hot water or stock. Cut meat into small pieces, brown them in hot fat and add to the gravy. Cover and simmer very gently about two hours. Serve with boiled rice and chutney. Chicken curry is made in the same way, only use one-half pint of water or stock, and add one-half pint of milk or cream just before taking from fire.

INDO-FRANCO CURRY OF CHICKEN

Mrs. Archibald J. F. McBean

1 chicken
1 lb. can tomatoes
1 qt. milk
2 tsp. curry powder
6 onions, medium sized
1 cup flour
1 lb. fresh pork
1 tsp. salt

Fry or boil chicken. Cut pork in dice, fry or melt, but do not brown. Stir flour, add milk, chop onions and melt in a little fat, do not brown. Put all ingredients together in a saucepan and cook five hours. Do not cover, but stir frequently to keep from burning. If chicken has previously been cooked, one hour is sufficient, cook slowly.

MAINE CODFISH LOAF

Mrs. Joseph T. Bowen

½ lb. salt boneless codfish
Egg sauce
6 medium sized potatoes

Soak the codfish eight hours. Boil potatoes and codfish separately and beat together until light and fluffy. Pack into a heavily butered bread pan and bake a half hour, or until brown. Turn out on platter, garnish with sliced beets and hard cooked eggs. Serve with egg sauce, which is a rich white sauce containing chopped hard cooked eggs in proportion of two eggs to one cup of sauce.

MARYLAND SUNNY HOME FRIED CHICKEN

Mrs. Amos W. Walker

Chicken
Lard
Salt
Egg
Butter
Pepper

Cut chicken; salt and chill. Beat egg and dip pieces of chicken in it and then dip in flour. Fry in skillet with liberal supply of lard and butter until golden brown, or one hour. Remove and drain on oiled paper.

MEAT DISH

Mrs. W. F. Dummer

Cold, chopped meat
Mashed potatoes
Brown gravy

Half fill greased baking dish with cold, chopped meat, cover with brown gravy, then fill the dish with mashed potatoes, and bake in a moderate oven, till it is brown on top.

NORWEGIAN FISH PUDDING

Dr. Ingaborg Rasmussen

2 lbs. fish, scraped
1 or 2 potatoes
5 eggs
Mace, ground
1 lb. butter or finely chopped suet
1 pt. cream, cold boiled
Salt and pepper

For fish pudding, haddock is best, next comes pike. After the fish is cleaned, the skin is scraped and freed from slime, and dried in a clean towel. Head, fins and tail are cut off, also the back bone is removed and the fish is cut in halves. The fish is laid flat on a board and the flesh carefully scraped off from the tail end upward. The fish and butter, or suet, are placed in a mortar and worked into a smooth paste. Potatoes may be worked into the paste. Eggs are added one by one and cold boiled cream, one tablespoonful at a time. Mace, salt and pepper are added and the mixture is put in a form and set in the oven for an hour. The pudding is served warm with caper or lobster gravy.

LOBSTER GRAVY

Rich cream gravy
A glass of cider
2 tbsp. chopped lobster
A thought of cayenne pepper

Make a rich cream gravy, add chopped lobster, the pepper and cider. Do not let the gravy boil a second time. This is a wonderful old Norwegian recipe.

OYSTERS EN COQUILLE

Mrs. Mary Stevens Hegler

1 pt. oysters, with liquor
2½ tbsp. flour
Tbsp. minced parsley
2 tbsp. butter
2 eggs
Salt, pepper and paprika

Put oysters and liquor in a stew pan with a gill of water, let come to a boil. Remove from fire, strain through a colander. Mix butter and flour together over fire until thick, then put in half the liquor and stir quickly until it thickens. Take from fire and break in eggs, one after the other, stirring all the time; add parsley, salt, pepper and paprika to taste. When well cooked add oysters but no more liquor, place on stove and boil a minute. When cool put in shells, sprinkle with bread crumbs, brown in oven and serve.

PHILADELPHIA WINTER SCRAPPLE

Mrs. Edwin Herbert Lewis

2 lbs. fresh pork, not too lean
1½ cups yellow corn meal
½ tsp. sage, or thyme
Salt and pepper

Simmer the pork in water to cover, which, when the meat is tender, should measure one quart and a half. Remove meat from water, chop fine and return. Add seasoning and the meal sifted in very slowly. Cook slowly for one hour, stirring often to prevent sticking. Pour into bread pans and stand away to cool. Cut slices one-half inch thick; dust with flour and fry in a hot pan in its own fat until crisp and brown.

SUKIYAKI (JAPANESE CHOP SUEY)

Mme. Shimadzu

1 lb. tender meat
2 stalks celery
1 tbsp. sugar
4 or 5 medium sized onions
2 green peppers
3 tbsp. Japanese sauce (Shoyn)

Slice the meat into small, thin pieces and place them in thick, hot, greased frying pan, or chafing dish. When the meat is nearly done add the vegetables and cook them a few minutes. Then add the sugar and Japanese sauce to suit taste. Cook them about ten to fifteen minutes if needed. Serve with hot rice. Chicken or any other meat may be used.

SOUTHERN HAMBURGER STEAK

Mrs. Moses Purvin

2 lbs. Hamburger steak
2 cans red kidney beans
Red peppers
1 can tomatoes
1 tbsp. chili powder
Garlic
1 onion

Simmer onion in a lot of fat. Slowly add meat and garlic, simmer until meat is light; add can of tomatoes. Season to taste, simmer thirty minutes, add chili powder, red peppers and kidney beans.

TURKEY WITH HUNGARIAN DRESSING

Mrs. John Leeming

Dressing

4 heads of lettuce
1 bunch parsley
1 green pepper
1 lb. pork sausage
Onions
1 stalk celery
1 cup butter
Sage, salt and pepper
Cracker crumbs
1 qt. oysters
2 tbsp. Worcestershire sauce

Chop, very fine, lettuce, parsley, green pepper, sausage, a few small green onions, celery and oysters. Season well with Worcestershire sauce, sage, salt and pepper, and mix with cracker crumbs to the proper consistency. Melt butter in sauce pan and add the other ingredients. Heat it well and stuff a fifteen pound turkey. Let turkey stand for eight hours after stuffing before roasting. Rub turkey well with salt and an onion, sprinkle with flour before putting in the pan. Put in the roasting pan, around the turkey, one good sized carrot cut in dice, two outside stalks of celery, two cloves of garlic, a few laurel leaves, three medium sized onions, a little chopped parsley and a pint of water. Baste every ten or fifteen minutes while cooking. Use the drippings from the pan after straining to make the gravy. The giblets and heart and liver, with an onion, should be put on to stew until tender in one and a half cups of cold water. When they are well cooked, chop them in small pieces and stir into the gravy.

VEAL IN CASSEROLE

Mrs. L. B. Grant

Butter size of an egg
2 cups clear veal, diced
1 large onion
2 cups carrots, diced

Place in casserole first butter, then veal, then onion, then carrots. Season; cover and bake two hours. This is delicious and is a real French recipe.

VEAL POT PIE

Mrs. Walter F. Dodd

1½ lbs. veal
½ tsp. salt
Bacon
Pepper

Cut veal in small pieces, and bacon in tiny strips. Cover with boiling water and let simmer until tender. Season with salt and pepper, turn into a baking dish and nearly cover with broth.

CRUST

1¼ cups flour
2½ tsp. baking powder
3 tbsp. shortening
½ tsp. salt

Sift together, flour, baking powder and salt; work in shortening, and mix with enough milk to make a soft dough. Roll thin, cut into strips and cover meat in lattice fashion. Bake about twenty-five minutes in hot oven. This will serve four people.

PASTRY

Unless some sweetness at the bottom lie,
Who cares for all the crinkling of the pie?
—William King.

BUTTER SCOTCH PIE

Mrs. Maurice Lieber

Yolks of 2 eggs
1 cup brown sugar
2 tbsp. cornstarch
2 cups milk
Butter size of an egg

Cook in double boiler until thick. Fill pie crust, previously baked, with mixture. Cover with Meringue made of whites of 2 eggs and ½ cup sugar. Put in oven to brown.

CHESS PIE

Mrs. Eugene Terry

1 cup sugar
1 tsp. flour
1 cup hot water
1 tsp. each of cinnamon and allspice
Yolks of 3 eggs
Butter size of walnut

Cook together and pour into previously baked pie crust. Spread with Meringue made of the whites of the eggs beaten stiff, with pinch of salt and level tablespoonful of sugar and ½ teaspoonful of vanilla. Brown in oven.

CREAM PIE

Mrs. Albert P. Allen

Yolks of 2 eggs
½ cup sugar
1 tsp. vanilla
Pinch of salt
1 pt. milk
Small piece butter
1 large tbsp. cornstarch

Beat eggs until light, add sugar, milk, salt and butter. Cook in double boiler. When at the boiling point add cornstarch, wet with a little milk. When thick take from fire, beat in vanilla and pour into crust already baked. Make meringue for top.

Whites of 2 eggs
2 tbsp. sugar

Beat until stiff enough to keep shape and brown in very slow oven. Serve very cold.

DATE PIE

Woman's City Club Lunch Room

2 pkgs. dates
4 tbsp. flour
2 tsp. baking powder
4 eggs
2 cups sugar
2 cups nuts

Beat whites of eggs, add sugar, beaten yolks, dates, sifted dry ingredients and nuts. Bake 40 minutes in slow oven. Cut in squares and serve with ice cream or whipped cream.

DEEP APPLE PIE

Mrs. George C. Sikes

Apples
Sugar
Stick cinnamon

Pare, core and quarter as many firm apples as desired. Cook in a single layer in a heavy syrup, (equal quantities of sugar and water) until tender. Remove apples to a deep glass pie plate, packing closely. Add to the syrup a little stick cinnamon or other flavoring; boil until reduced and rich, then pour over apples. Cover with top crust, ornament rim, cut gashes in top and bake quickly until crust is done. Serve with cream or cottage cheese.

LEMON CREAM PIE

Mrs. Edmund Andrews

Grated rind and pulp of 1 lemon
1 cup sugar
Yolks of 2 eggs
1 cup warm water
4 tbsp. flour
Pinch of salt
White of 1 egg

Beat yolks of eggs thoroughly. Mix flour, sugar and salt, add to water and lemon. Cook in double boiler until thick. Take from fire when cool, fold in the white of egg stiffly beaten. Put in previously baked shell and cover with a meringue made as follows.

Whites of 2 eggs
3 tbsp. sugar

Beat eggs and sugar together as stiffly as possible. Brown in very slow oven one-half hour.

LEMON PIEPLANT PIE

Mrs. H. J. Armstrong

1 cup stewed rhubarb
Yolks of 2 eggs
1 tbsp. flour
Grated rind of 1 lemon
1 cup sugar
1 tbsp. melted butter

Heat and stir until thick and bake in a single crust. Cover with a meringue made from the whites of the eggs and powdered sugar.

MINCE MEAT

Mrs. H. R. Wilson

½ peck apples
1 lb. brown sugar
1 cup white sugar
1 cup butter
1 cup suet
1 whole nutmeg
1 tbsp. salt
1½ cups vinegar
2½ lbs. neck meat
1 lb. raisins
1 lb. currants
1 tbsp. cinnamon
1 tbsp. cloves
1 tbsp. allspice
3 lemons

Cook meat until it falls apart. Peel, core and chop up all the apples. Mix all the ingredients and boil for fifteen minutes. Seal in Mason jars while still HOT.

PIE CRUST

Mrs. George C. Sikes

1 full cup lard
1 level tsp. salt
3 cups flour
Small quantity ice water

Sift flour and salt; rub lard into flour with tips of fingers, or chop in with two knives; set away in a cold place. When wanted take one cup of the mixture, add ice water, (just enough to hold flour together) and mix with silver fork. Turn out on floured board, roll thin, and sprinkle a little of the dry mixture on top crust to make it flaky.

PIE CRUST

Mrs. H. R. Wilson

1¾ cups flour
1 level tsp. salt
Water enough to mix
1 cup lard
1 small tsp. baking powder

Mix flour, lard and salt thoroughly, add baking powder before water. Add only enough water to hold together. Roll little as possible.

PUMPKIN PIE

Mrs. Lottie Holman O'Neill

1½ cups steamed pumpkin
2 eggs
½ cup cream
½ tsp. ginger
⅔ cups brown sugar
1½ cups milk
1 tsp. cinnamon
½ tsp. salt

Mix with pumpkin in the following order, sugar, cinnamon, ginger, salt, eggs, milk and cream. Bake in one crust.

RHUBARB PIE

Mrs. Maurice Lieber

2 cups rhubarb sliced
1 egg
1 cup sugar
2 tbsp. cracker crumbs

Mix ingredients and bake in two crusts as other fruit pies, in a slow oven.

PICKLES AND PRESERVES

Balmed and entreasured with full bags of spices.
—Shakespeare.

CHILI SAUCE

Mrs. H. H. Hettler

18 ripe tomatoes
1 large red pepper
2 tbsp. salt
1 tbsp. mustard
6 large onions
3 cups vinegar
6 tbsp. sugar
1 tbsp. cinnamon

Chop tomatoes, onions and peppers fine, boil one hour, then add vinegar, salt and mustard, sugar and cinnamon, and boil until quite thick, and bottle.

CHUTNEY

Dr. Lena Hatfield

12 apples
2 green peppers
1 onion
1 cup raisins
1 cup sugar
½ tbsp. ginger
1 pt. vinegar
½ tbsp. salt
Juice of 1 lemon

Do not peel apples; chop together with onion, peppers and raisins. Add sugar, salt, vinegar and lemon juice. Cook two hours. Put in marmalade jars, or seal like jelly.

CORN RELISH

Mrs. Warren W. Smith

18 ears corn
3 red peppers
4 cups sugar
¼ pkg. Coleman's mustard
1 cabbage
½ gallon vinegar
¼ cup salt
4 onions

Cook one hour, ten minutes.

CRISP CUCUMBER PICKLES

Mrs. L. B. Grant

15 large cucumbers
5 large onions
2 tsp. mustard seed
2 tsp. celery seed
3 cups sugar
3 pts. vinegar
1 tsp. ground cinnamon
1 tsp. black pepper

Slice cucumbers thin, leave rind on; slice onions thin. Soak in brine over night. Drain and put in the cold spiced vinegar; bring all slowly to a boil and seal.

EMERGENCY CHILI SAUCE

Miss Mary I. Hunter

1 qt. canned tomatoes
2 onions
1 green pepper, chopped fine
2 sticks minced celery
¼ cup vinegar
3 tbsp. brown sugar
1 tsp. salt
⅛ tsp. pepper—dash of cayenne
½ tsp. mustard

Put together in a kettle, stir, bring to a boil and boil gently for forty-five minutes, stirring occasionally.

FRENCH CHOW-CHOW

Miss Isabel Mariner Mitchell

4 large sour pickles, cut up
1 large cauliflower
4 large green peppers
1 qt. green tomatoes
1 qt. midget pickles, not cut up
1 qt. small onions

Put all together and cover with brine of:

1 gal. water
¾ cup salt

Soak in brine four hours. Let drain while preparing dressing.

DRESSING

2 cups white sugar
4 level tbsp. mustard
2 qts. cider vinegar
1 cup flour
1 tbsp. turmeric

Mix dry ingredients, add vinegar, hot, and scald until smooth. Seal in Mason jars. An old recipe.

INDIA RELISH

Mrs. Charles Potter

1 pk. green tomatoes, chopped
3 green peppers, chopped
3 red peppers, chopped
6 large onions
3 qts. vinegar
1 cup salt
8 cups sugar
2 tbsp. mustard seed
2 tbsp. celery seed
1 oz. stick cinnamon
1 tbsp. whole cloves

Let tomatoes and salt stand over night. Next morning squeeze out and add other ingredients. Put spices in cheese cloth bag. Cook two hours. You cannot go astray if you use this recipe.

PEPPER HASH

Mrs. Ira Couch Wood

6 large white onions
6 red peppers
6 green peppers
6 pieces celery
2 oz. mustard seed
½ cup salt
½ lb. sugar
1 tbsp. black peppercorns
1 tbsp. cloves

Chop all vegetables fine, mix well, add salt and let stand all night. Next day drain carefully, add remaining seasoning and two quarts boiling vinegar. Bring pickles to a boil and boil five minutes. Preserve in jars or crock.

PICKLED PEACHES

Miss Julia C. Lathrop

6 lbs. peaches
1 pt. cider vinegar
3 lbs. granulated sugar
Cloves

Scald and peel peaches, stick two cloves in each. Drop the peaches in the boiling syrup and cook until tender. Place fruit in glass jars, fill with boiling syrup and seal. When the pickles are used any syrup remaining in the jars should be saved and added to the syrup for next year's pickles because it gives a richer flavor.

ROCKLAND HOUSE RELISH (1878)

Mrs. Walter L. Fisher

1 peck green tomatoes
6 green peppers, chopped fine

Sprinkle with salt and stand three hours, drain, and the rest of night. Drain off and add:

6 small onions, chopped fine
¼ lb. white mustard seed
2 tsp. celery seed
3 cups sugar
1 oz. whole cloves
1 oz. whole allspice
1 oz. ground pepper

Mix well, cover with vinegar and boil until tender and soft. Just before taking off add sugar.

SLICED CUCUMBER PICKLES

Mrs. R. F. Schuchardt

50 cucumbers, one to two inches long
Small white onions
1 cup best salad oil
1 qt. vinegar
½ cup salt
½ oz. white mustard seed
½ oz. celery seed
2 tbsp. sugar

Slice cucumbers without peeling, one-eighth inch thick. Sprinkle with salt and stand three hours, drain, and the rest of the ingredients and pack in jars. This makes one gallon of pickles.

APRICOT, PINEAPPLE AND ORANGE PRESERVE

Mrs. Paul Blatchford

4 oranges
1 basket apricots
1 pineapple
5 lbs. sugar

Squeeze juice of oranges. Cut peel into small strips, simmer in about two cups of water for one-half hour, or until tender. Cut pineapple and apricots into small pieces and add to orange juice. Simmer and add sugar and prepared peel. Cook slowly until thick enough for jam.

CHERRY CONSERVE

Mrs. Edward L. Murfey

5 boxes sour cherries
4 oranges
5 lbs. sugar
1½ lbs. seeded raisins

Pit cherries; peel oranges very thin and chop rind very thin after juice is taken out. Chop all fruit together, pouring juice over the mixture. Boil hard thirty minutes, stirring constantly. This makes two quarts.

CURRANT AND RED RASPBERRY JELLY

Mrs. Walter F. Dodd

Currants
Red Raspberries
Sugar

Take an equal quantity of currants and raspberries. Wash the fruit and stew. Wash the berries and squeeze in a jelly bag.

Allow one pint of juice to each pound of sugar. Boil for twenty minutes, add sugar which has been heated in a flat dish in the oven. Stir until sugar is dissolved, boil five minutes. Skim when necessary. Have jelly glasses standing in hot water, pour jelly into glasses, let stand until hard and cover.

DELIGHT CONSERVE

Miss Katherine Andrin

1 qt. cherries
1 qt. currants
1 qt. gooseberries
4 lbs. granulated sugar
1 qt. raspberries

Stem currants, in kettle with small amount of water, cook fifteen or twenty minutes, then strain. Add pitted cherries, raspberries and pricked gooseberies, then sugar. Cook to jam, put in jelly glasses and seal.

GOLDEN CONSERVE

Mrs. Moses Purvin

6 lbs. pumpkin, peeled and dry
6 lbs. sugar
8 lemons, sliced peel and all
½ lb. candied ginger

Pour sugar over other ingredients; let stand over night; cook an hour after it begins to boil, or until clear.

ORANGE AND GRAPE FRUIT MARMALADE

Miss Mary E. McDowell

4 large oranges
2 grape fruit
2 lemons
1½ pt. water to each pt. of mixture
1½ lbs. sugar to each pt. of mixture

Shave oranges, lemons and grape fruit crosswise and as fine as possible. Add water, and let stand over night. Boil one-half hour and again let stand over night. Remeasure and add sugar (one and one-half lb. to each pt.). Boil until it jells. This makes from twenty-five to thirty glasses.

RHUBARB CONSERVE

Mrs. Russell H. Opdyke

4 lbs. rhubarb
6 lbs. sugar
2 lemons
1 lb. nuts, almond or walnuts

Wash fruit in cold water; cut rhubarb in small pieces without peeling. Cut up or chop lemons, peel and all, removing seeds.

Chop nuts. Put all together with sugar and cook slowly one hour, stirring sufficiently to prevent sticking. When clear and thick, pour into glasses, paraffin tops as for jelly.

ROASTED PEACHES, A MEAT CONSERVE

Mrs. W. R. Cubbins

6 peaches
Sugar
Butter
Nutmeg or cinnamon

Cut peaches in halves, remove stones, but do not pare. Fill centers with butter, sugar and nutmeg. Bake in moderate oven until tender. Try with silver fork. Serve hot.

SPICED CURRANTS

Mrs. Murry Nelson

5 lbs. currants
1 pt. vinegar
4 lbs. sugar
2 tsp. each ground cinnamon and cloves

Stem and wash currants, add sugar, cinnamon, cloves and vinegar. Boil two hours, or until mixture jells.

SPICED GOOSEBERRIES

Mrs. Joseph F. Nachbour

4 qts. gooseberries
2 tbsp. cinnamon
2 tbsp. allspice
1 pt. vinegar
4 lbs. sugar
1 tbsp. ground cloves

Do not add the spices until the gooseberries are boiled soft, then let it come to the consistency of jelly.

TOMATO PRESERVE

Miss Jenny H. Snow

1 qt. tomato, prepared
½ lemon
3 cups sugar

Pare and cut tomatoes into small pieces, add the sugar and thinly sliced lemon. Cook twenty-five minutes, stirring to keep from burning. Remove from fire, skim and seal in sterilized jars.

SALADS AND SALAD DRESSINGS

Let onion atoms lurk within the bowl
And, half suspected, animate the whole.
—Sidney Smith.

CHICKEN SALAD

Miss Lillian A. Kemp

3 cups chicken, cold
3 cups crisp celery, diced
½ cup French dressing
1½ cups Mayonnaise

Cut chicken in one-half inch dice; marinate with French dressing. Add desired seasoning and allow to stand at least one hour. Add celery and just before serving add the Mayonnaise dressing. Serve on crisp lettuce.

FRUIT SALAD

Mrs. H. H. Hettler

½ pineapple, diced
2 large oranges
½ lb. English walnuts
3 bananas, sliced
2 doz. Malaga grapes

Do not slice bananas too thin; divide oranges lengthwise into small portions; seed and peel grapes and cut in half; blanch walnuts. Mix all with a mayonnaise dressing and serve on lettuce.

FRUIT SALAD

Dr. Lena Hatfield

½ cup pineapple juice
½ cup lemon juice
1 tbsp. vinegar
½ tsp. salt
1 tbsp. flour
⅔ cup sugar
2 eggs

Mix dry ingredients, add beaten eggs, then liquids. Cook in double boiler until smooth and thick. Mix with whipped cream and pour over shaved, blanched almonds, diced pineapple and marshmallows.

GINGER ALE SALAD

Mrs. Paul Blatchford

2 tbsp. gelatine
¼ cup lemon juice
1 cup ginger ale
2 tbsp. sugar
Salt

Soak gelatine in 2 tablespoonsful of water, then dissolve in ⅓ cup of hot water. Add ginger ale, lemon juice, sugar and salt and let stand until it begins to thicken. Then "fold in" the following:

⅔ cup celery, cut in thin slices
2 tbsp. chipped ginger
⅓ cup apple, cut in tiny pieces
4 tbsp. canned or shredded pineapple

Mold and chill. Serve with mayonnaise.

JELLIED FRUIT SALAD WITH WHITE MAYONNAISE

Mrs. George R. Dean

1 level tbsp. Cox's granulated gelatin
¼ cup cold water
1 cup boiling water
¼ tsp. salt
¼ cup lemon, orange, or grape fruit juice
1½ cups fruit, cut in pieces
2 level tbsp. sugar
Few grains cayenne pepper

Soften gelatin in cold water, bring other ingredients to a boil, and add softened gelatin; strain and cool. When starting to jelly add fruit cut in pieces and mold. Serve with a white mayonnaise made of equal parts of mayonnaise dressing and whipped cream. This serves five people.

JELLIED VEGETABLES

Mrs. Donald L. Morrill

1 tbsp. gelatine
1 cup sugar
1 tsp. salt
½ cup celery hearts
⅓ cup cucumbers, chopped
1 cup boiling water
1 cup cider vinegar
2 tsp. lemon juice
½ cup cabbage
⅓ cup cold cooked carrots
⅓ cup cooked peas

Cover gelatine with one-quarter cup cold water, when water is absorbed dissolve in boiling water. Add sugar, vinegar, lemon juice. Strain and cool. When mixture thickens add other ingredients. Mix all lightly and turn into a ring mold. Chill, turn out on serving platter and surround with slices of cold boiled or smoked meat. Garnish with parsley and fill center with boiled salad dressing.

NOVELTY SALAD

Mrs. R. F. Schuchardt

Place one-half of a bartlet pear on a crisp lettuce leaf. On the stem end place two cloves, to represent eyes. Cut almonds into pieces, one inch in length and insert to represent porcupine quills. Add mayonnaise dressing.

PINEAPPLE AND CUCUMBER JELLY SALAD

Mrs. J. V. Farwell

1 can pineapple
1 cup sugar
1 tbsp. white vinegar
1 pkg. Knox's gelatine
1 cucumber
Juice of 2 lemons

Dice the pineapple and put on the stove to boil. Add sugar, gelatine, dissolved, lemon juice and vinegar. Let it cool then add cucumber which has been previously diced, salted and drained. Color the jelly with green vegetable coloring.

POTATO SALAD

Mrs. Francis C. Farwell

Yolks of 4 eggs
1 tbsp. butter
Onion and parsley, chopped
4 tbsp. vinegar
½ cup cream
Salt and pepper

Beat eggs thoroughly and add vinegar, a little at a time, and then beat again. Put dish of dressing in kettle of boiling water until it thickens. Remove and add butter. Let it get cold. Beat thoroughly with egg beater, stirring in cream a little at a time and add onion and parsley. Pour over and mix thoroughly with potatoes.

RUBINSTEIN SALAD

Mrs. Archibald J. F. MacBean

1 lb. fresh mushrooms
2 limes
French dressing
4 artichoke bottoms, or
2 avacados
Salt and pepper

Cut up, into thin slices the *raw* mushrooms. Boil artichokes, and use only the bottoms, taking away all the fibre; slice the bottoms thin also. Sprinkle paprika over them.

Marinate in a French dressing made of:

3 tbsp. salad oil
½ tsp. salt
2 tbsp. lime juice
¼ tsp. pepper

This salad was concocted by Anton Rubinstein.

SPAGHETTI SALAD

Mrs. F. W. Shand

1 pkg. spaghetti
4 stalks celery
1 small green pepper
Parsley

Boil spaghetti about thirty-five minutes in salted water; drain and blanch. Chop fine the green pepper, celery and a generous amount of parsley. Stir all into the spaghetti. Add mayonaise dressing, garnish with hard boiled eggs and chill well before serving.

TOMATO AND COTTAGE CHEESE SALAD

Mrs. Augustus Frank

Peel as many tomatoes as you wish to serve. Take out the pulp, mix with ½ pint cottage cheese, add 1 cup almonds cut lengthwise, and season with salt and pepper. Fill tomatoes, cover with mayonnaise, place on lettuce and serve very cold.

WALNUT AND FRENCH PEA SALAD

Mrs. James Blackstone Barnet

1 can of French peas, rinsed
½ lb. *BLACK* walnut meats

Serve with mayonnaise on lettuce.

WHITE SALAD

Mrs. J. Paul Goode

5 cups white cabbage
1 cup almonds
1 can pineapple
2 cups marshmallows

Shave cabbage fine, let stand an hour in cold water; drain in a cloth and keep cold. Be sure it is dry. Dice seven or eight slices of pineapple. Blanch almonds and cut into quarters; cut marshmallows into quarters.

DRESSING

Whites of 4 eggs, beaten well
1 large tbsp. flour
3 tbsp. vinegar
½ cup water
½ cup sugar
Juice of 3 lemons
1½ cups cream, whipped

Mix flour with sugar, and add to whites of eggs. Add to lemon juice, vinegar and water. Mix in double boiler and cook well, stirring all the time. When cold add whipped cream. Do not mix with the cream until ready to serve. Marshmallows

may be omitted. This will serve eight to ten without marshmallows, twelve with, and is a very delicate salad with cabbage foundation scarcely recognizable.

WONDROUS SALAD

Mrs. James Blackstone Barnet

Can of salmon
Celery
Lettuce
Mayonnaise
Cocoanut (Baker's)
Salt to taste

Arrange on large flat dish:—A layer of crisp, yellow lettuce leaves, then one of celery cut in pieces, a layer of salmon left in "pieces", a layer of Baker's cocoanut (long shreds). Repeat the layers, except the lettuce, spreading *each* with mayonnaise, with plenty on top layer.

Wash the cocoanut *very thoroughly* in a colander, dipping it up and down in a kettle of *cold* water, to dissolve all sugar and so remove it entirely. Squeeze until very dry.

BOILED MAYONNAISE DRESSING

Mrs. William S. Hefferan

4 eggs
1 tbsp. butter
½ tsp. salt
1 cup water
½ cup sugar
2 tbsp. flour
Pinch of mustard
¼ cup vinegar

Mix water, vinegar, sugar, salt and mustard and heat in double boiler; then add butter mixed with flour; then eggs, well beaten. Stir slowly until it thickens.

FRENCH DRESSING

Mrs. Russell H. Opdyke

1 tsp. salt
1 tsp. sugar
¼ tsp. paprika
3 tbsp. olive oil
2 tbsp. vinegar or lemon juice

Mix dry ingredients, add vinegar, then oil and beat thoroughly. Flavored vinegar made of one quart cider vinegar in which is placed one bud of garlic, or five leaves tarragon may be used for French dressing if desired.

THOUSAND ISLAND DRESSING

Mrs. J. Paul Goode

3 tbsp. mayonnaise
1 tbsp. chili sauce
1 tbsp. chopped beets (canned)
1 tsp. onion or chives (chopped)
Pinch of powdered sugar
Tarragon vinegar to taste

One hard boiled egg run through sieve, or rubbed to paste. 'Twill "go farther" and "fare" not much "worse" if whipped cream is added.

WALTHAM SALAD DRESSING

Mrs. Joseph F. Nachbour

1 cup sour cream
2 tsp. sugar
2 tsp. salt
1 tsp. mustard
2 egg yolks
¼ cup vinegar
⅛ tsp. pepper

To cream add egg yolks slightly beaten, vinegar and remaining ingredients thoroughly mixed. Cook in double boiler, stirring constantly, until mixture thickens.

WHIPPED CREAM SALAD DRESSING

Mrs. Albert P. Allen

1 bottle cream, whipped
⅓ cup sugar
Pinch of salt
Juice of 1 lemon
½ tsp. dry mustard

Mix lemon, sugar, mustard and salt thoroughly, add to the whipped cream. Use with a white fruit salad.

SOUPS

I will eat these broths with spoons of amber.
—Ben Jonson.

BLUEBERRY SOUP

Mrs. Mary Wilmarth

1 qt. blueberries
1 tbsp. cornstarch
2 cups sugar
1 lemon

Cover blueberries with water and boil five minutes. Strain; sweeten with sugar and thicken with cornstarch. Add juice of lemon. Serve either hot or cold, with slice of lemon in each plate or cup.

CHICKEN AND RICE SOUP

Mrs. Charles E. Merriam

Chicken gravy
Onion
Milk
Rice
Celery
Salt and pepper

When stewing chicken, set aside surplus gravy without thickening. Add cooked rice to suit, also onion and celery, cut fine, to flavor. When ready to serve, add milk enough to color and still retain flavor. Heat and serve.

CORN SOUP

Mrs. Elizabeth Dale

1 can corn
1 tsp. cornstarch
2 quarts milk
Salt and pepper
Piece of butter size of egg

Put corn through meat grinder, then through coarse sieve. Add milk, cornstarch, wet in a little cold milk, salt, pepper and butter. Boil until creamy.

LIMA BEAN SOUP

Mrs. P. Eugene Clark

1 cup dried lima beans
2 sliced onions
1 cup cream or milk
1 tsp. salt
2 tbsp. flour
3 pints cold water
4 diced carrots
4 tsp. butter
½ tsp. pepper

Soak beans over night, drain, add cold water and cook until soft. Rub through sieve. Cut all vegetables into small pieces, cook five minutes in two teaspoons butter. Take from fire, add flour, salt and pepper, and stir in boiling soup. Add cream and remaining butter. Serve hot.

NORWEGIAN FISH SOUP

Mrs. Olga Graff

2 lbs. salmon, trout, mackerel, or other rich fish
1 parsnip
10 stalks asparagus, or other preferred vegetables
Sweet and sour cream
1 cup of veal stock
2 carrots
1 young turnip
Flour
1 tsp. each, chopped parsley and chives

Simmer fish in two quarts of water until it falls apart. Strain and reserve the fish for use cold with mayonnaise. Simmer the finely diced vegetables in the stock until very soft. Thicken soup with two scant tablespoons of flour, mixed with three tablespoons of cream. When nearly done add parsley and chives and a sprinkling of nutmeg. Remove from fire and add one cup of thick sour cream for every six persons. Small fish balls are nice served in the soup.

OLD FAMILY BROWN SOUP

Mrs. Joseph T. Bowen

5 lb. soup bone
1 can tomatoes
6 eggs
1 tbsp. salt
3 pepper corns
1 tsp. ground cinnamon
1 tsp. ground allspice
1 lemon
1 tsp. ground cloves
Flour

Simmer soup bone in one gallon water, until meat falls from it; strain. Add the tomatoes and strain again. Bring to a boil and stir in four tablespoons brown flour mixed smooth with water. Peel and slice the lemon thin, boil for five minutes in one cup water. Throw water and lemon slices into the soup. Add the spices just before serving. Pour into tureen over the finely chopped hard cooked eggs.

POTATO CHOWDER

Mrs. Maud R. Turley

1 in. cube soft salt pork
1½ cup potato balls
6 boston crackers
1½ cups scalded milk
1 tbsp. flour
1 small onion, chopped
½ cup celery
1 cup boiling water
½ cup cold milk
1 tsp. salt

Cut pork in small pieces, and cook with onion until pork is delicate brown. Put aside one tablespoon fat. Cut raw potatoes into balls, add to remainder of fat with celery, boiling water and salt; cook till potatoes are soft. Add flour to reserved fat and stir until well blended. Add scalded milk and stir until it boils, then add the first mixture. Split crackers and cover with cold milk, let stand until milk is absorbed and add to chowder. Use more seasoning if necessary. Serve very hot.

PUREE OF TAPIOCA

Mrs. Frank O. Lowden

1 cup pearl tapioca
1 qt. milk
1 cup cream
1 tbsp. flour
1 qt. soup-stock

Soak the tapioca over night; cook it in the soup-stock for one half hour, or until the tapioca is clear, and then add the milk and cream. Thicken with the flour; salt to taste. Serve with whipped cream, if desired.

VEGETABLES

The nobleman of the garden.
—Douglas Jerrold.

BOILED CABBAGE

Mrs. Elwood Stewart

1 small cabbage
1 tbsp. vinegar
1 tbsp. butter
Salt and pepper

Cut cabbage into small pieces; cover with boiling water; boil vigorously for eight minutes. Drain, add salt, pepper, vinegar and butter. Boil without covering. Easily digested.

BOILED RICE WITH FRIED PEPPERS

Mrs. George R. Dean

1 cup rice
Green peppers
1 tbsp. salt
Butter

Wash rice in several waters. Cook in two quarts of rapidly boiling salted water, uncovered, from twelve to twenty minutes, until grains are soft. Dry in strainer in oven. Slice green peppers crosswise, remove seeds, lay in cold water for fifteen minutes, sprinkle with salt. Roll in flour and fry brown in *plenty* of butter. Put rice into serving dish, place peppers on top, pour over them the butter, and place in oven for three or four minutes. The number of peppers used is according to taste, but they shrink in the cooking, and it is best to have an abundance to cover rice.

BOSTON BAKED BEANS

Mrs. Elizabeth Dale

1½ lbs. small navy beans
1 tbsp. molasses
¾ lb. salt pork
Salt and pepper

Soak beans over night. As early as possible in the morning put beans in stone crock. Put a good layer of beans in bottom of crock, then add pork, after scoring the top lightly, then add rest of beans with molasses, salt and pepper and enough water to cover. Cover and bake in slow oven ten or twelve hours, adding enough water from time to time to keep beans from drying. Pork should be very fat and as nearly square as possible.

CABBAGE SAUCE

Mrs. Leeds Mitchell

Cabbage
1 tbsp. sugar
2 tbsp. olive oil
Salt
½ pt. thick cream
1 egg
4 tbsp. vinegar
Pepper
1 tsp. ground allspice

Boil young cabbage without soda. Drain well, cut in quarters. Heat vinegar, oil, sugar, salt and pepper, in double boiler. Beat egg, add cream. Pour first mixture *over* this (important). Return to fire and cook until the consistency of thin custard, about ten minutes. This is to be used alone as a first course.

CELERY AU GRATIN

Mrs. Kenneth Rich

Celery
White sauce

Cut celery into inch long pieces, cook until tender. Make a cup of white sauce as follows:

2 tbsp. butter
1 cup milk
2 tbsp. flour
Salt and pepper

Have about a cup of sauce to a cup and a quarter of cooked celery. Use part water in which celery was cooked and part cream. Butter a baking dish and put in a layer of sauce, then a layer of celery, etc. Cover with buttered cracker crumbs. Bake in oven until a nice brown. A grating of cheese can be used if desired.

EGGPLANT, BAKED

Mrs. J. V. Farwell

Eggplant
Onion
2 eggs
Milk
2 slices of bread
Parsley
Seasoning

Parboil eggplant in salt and water, skin and chop fine. Soak bread in milk and boil until soft. Cook onion and parsley in a little water, add bread and milk and chopped eggplant. Cook all together, seasoning to taste. Add well beaten eggs, put in baking dish with cracker crumbs and butter on top and bake half an hour.

EGGPLANT AU GRATIN

Miss Jane Addams

1 medium sized eggplant
1 onion, cut fine
1 cup bread crumbs
½ tsp. paprika
1 can tomatoes, 2½ size
1 cup butter
Salt and pepper

Fry the onion in butter, place eggplant on onion and cook ten minutes. Put tomatoes in eggplant and stir all together, cook ten minutes more. Put in a buttered baking dish, alternate layers of eggplant mixture and bread crumbs. Butter top and bake twenty or twenty-five minutes. Do not peel eggplant; it is well to soak in salt water before cooking.

GLAZED CARROTS

Mrs. Donald Bain Murry

2 bunches carrots
⅓ cup sugar
3 tbsp. butter

Boil scraped and halved carrots until nearly done. Pour off water (there should be very little), replace on fire, add butter and sprinkle sugar over the top. Cook over slow fire until glazed.

GREEN CORN OYSTERS

Mrs. Paul Blatchford

2 cups corn
2 eggs
½ cup cream
½ cup flour
½ tsp. baking powder
Salt and pepper

Beat eggs well, add other ingredients and mix. Fry in butter, dropping the batter in spoonfuls. Serve very hot.

JAPANESE METHOD OF COOKING RICE

Mme. Shimadzu

Rice
Water

Cook the rice in an enamel pan with a tight cover. Do not use aluminum pan. Wash the rice thoroughly and change the water several times. Then add water, allowing about an inch over the surface of the rice. Cook over a medium fire at first and then turn on the gas until water boils over, then turn the fire quite low. Keep it over the slow fire about fifteen minutes, or longer, until the rice is cooked. Then put out the fire and let rice stand about ten minutes.

KIDNEY BEANS, SOUTHERN STYLE

Mrs. James Blackstone Barnet

1 can kidney beans
Cheese
Butter
Salt and paprika

Cover the bottom of an iron skillet with pieces of butter and slices of cheese. When *warm* pour in a can of kidney beans; with salt and paprika and serve on toast. This makes a delicious Sunday evening supper, or luncheon dish.

MOULDED SPINACH WITH CREAMED MUSHROOMS

Mrs. John S. Brown

1 pk. spinach
¾ tsp. salt
⅓ cup butter

Pick over and wash spinach. Cook rather slowly in its own juice and the moisture remaining on the leaves after washing. Chop fine; season with butter and salt. Reheat and press into border mold. Keep warm until serving, when turn into hot platter and fill center with creamed mushrooms prepared as follows:

1 lb. mushrooms
½ cup thin cream
½ tsp. salt
5 tbsp. butter
1½ tbsp. flour
Few grains of pepper

Clean mushrooms, cutting both stems and caps in thin slices. Melt butter, add mushrooms and cook three minutes. Sprinkle with salt, pepper and flour, pour over the cream and cook five minutes, stirring constantly. In place of mushrooms the mold may be filled with small buttered beets and the whole served with one and one-half cups white sauce and decorated with hard boiled eggs cut lengthwise into sixths.

STRINGED BEANS AND TOMATO SAUCE

Mrs. P. Eugene Clark

1 qt. stringed beans
2 tbsp. butter
1 tsp. sugar
1 tsp. salt
1 cup strained tomatoes
2 tbsp. flour
¼ tsp. pepper

String beans carefully, breaking into pieces, and put into boiling water, one teaspoonful salt to a quart of water. When tender reduce the liquor to half a cup; heat the butter, add flour and seasoning and then the strained tomatoes. Cook until smooth and pour over the beans. Cook slowly for fifteen minutes and serve hot.

TIME TABLE FOR COOKING VEGETABLES

Miss Jenny H. Snow

Asparagus	15 minutes
Beans (String)	1 hour
Beans (Shelled)	1 to 1½ hours
Beets	1 to 4 hours
Brussels Sprouts	20 to 30 min.
Cabbage	½ hour
Carrots	20 to 45 min.
Cauliflower	20 min.
Celery	½ hour
Corn	10 min.
Greens (Spinach)	20 to 30 min.
Onions	½ to 1 hour
Oyster Plant	45 to 60 min.
Parsnips	30 to 45 min.
Peas	20 to 30 min.
Potatoes (Irish)	30 to 45 min.
Potatoes (Sweet)	20 to 30 min.
Squash (Summer)	20 to 30 min.
Squash (Winter)	30 min.
Tomatoes	15 to 20 min.
Turnips	30 to 45 min.
Kohl-rabi	30 min.

TABLE OF MEASURES FOR SERVING

Mrs. Royal Wentworth Irwin

¾ lb. coffee makes 1 gallon, or	25 cups
1 lb. coffee serves	33 people
1 gallon of ice cream in bulk serves	30 people
1 2-quart brick ice cream makes	16 slices
1 gallon water ice serves	40 people
1 3-lb. chicken makes	2 quarts salad
2 quarts salad serves	12 or 14 people
1 regular sized cake makes	20 squares
2 quarts soup serves	6 or 8 people
1 quart oysters, creamed, fills	12 large patties
1 large chicken makes	20 croquettes
1 medium sized loaf of bread makes	10 large sandwiches

In catering for a large company provide for two-thirds of number invited.

Some hae meat and canna eat,
And some would eat that want it,
But we hae meat, and we can eat,
Sae let the Lord be thankit.

—Burns

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